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STRAWBERRY AND OTHER SEASONABLE DISHES

THE BOSTON COOKING-SCHOOL MAGAZINE

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OF · CULINARY · SCIENCE · AND ·
DOMESTIC · ECONOMICS



JUNE-JULY, 1911
Vol. XVI No. 1

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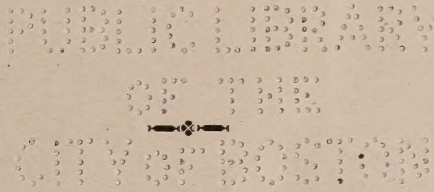
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A 4x4 grid of 16 small, square, light-colored tiles arranged in a larger square pattern. The tiles are arranged in a regular grid, with each tile having a slightly different shade of light beige or cream. The overall effect is a textured, mosaic-like surface.

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Menus for Piazza Luncheons

I (JUNE)

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Fried Fillets of Fish, Sauce Tartare
Lady Finger Rolls
Cucumbers, French Dressing
Egg Timbales, Bread Sauce
Lettuce, Asparagus Tips, French Dressing
Strawberry Ice Cream
Angel Cake
Coffee

II

Strawberries in Timbale Cases
Chicken à la King (chafing dish)
Egg-and-Asparagus Salad, Mayonnaise Dressing
Strawberry Sherbet in Tall Glasses, Whipped Cream Decorations
Orange Cake
Coffee

III (JULY)

Black and Red Raspberries on Grape Leaves
Powdered Sugar
Tomato-and-Veal Soup, Whipped Cream
Bread Sticks
Deviled Crabs in Shells
Cucumber Salad
Broiled Sweetbreads
Green Peas
Marshmallow Cake
Cocoa Frappé, Whipped Cream

IV

Cherries on Stems laid on Cherry Leaves
Fresh Fish Quenelles, Fish Bechamel Sauce
Green Peas
Fried Chicken Kornlet Fritters
Currant Jelly
Endive, French Dressing
Raspberry Ice Cream
Almond Wafers
Coffee



ELLEN H. RICHARDS, IN CAP AND GOWN

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No. 1

The Sardine of Passamaquoddy Bay

By Grace Agnes Thompson and May Penery Martin

IT is not generally known that the usual sardine of our markets, dainty and toothsome a fish though he is, masquerades boldly all the time for his French cousin. He is really a herring caught in the heyday of his youth. The true sardine is found only off the coast of France. All the "sardines" that come to us from Norway, Sweden, Russia, and Maine, are young herring,—members of the same family with the alewife and the true sardine. Being so closely related, they are the counterpart rather than a substitute for the fish whose name they bear. When carefully canned, it is difficult to distinguish the young herring from the grown-up sardine.

While there is annually a fairly large importation of spiced, mustard, and other piquant forms of sardine from Norway and Russia, by far the greater number of the cans of "oiled" or plain sardines, and many even of the "fancy" kinds eaten in this country, in Australia, and South America, are caught and canned in New England, where the eastern borderland of the United States

touches Canada. The sardine fisheries are a source of large revenue to Maine, and constitute about one-fifth of all the important fisheries of New England.

Nearly every year, since the earliest records of our colonial fathers, great schools of herring have come in from the deep sea during the summer months to spawn in the warm, shallow waters off the mouth of the Bay of Fundy, and have been washed by the swift tides and currents of that region into the many channels between the little islands known as West Isles, which separate Passamaquoddy from Fundy. It is at spawning time that the meat of the herring is considered most delicious; at this time, too, the fish are most easily caught.

Herring are always wary little creatures. In the old days they were fished on dark evenings, silently, stealthily enticed along by torchlight into the nets that trailed in the wake of the boats. Now they are decoyed into weirs,—big water-traps built of piles and brush and wire, into which the fish are swept by the tide and imprisoned by the closing of a net gate.

It happens with herring very much as with human beings,—the youthful ones are the more easily caught in traps. And it is these very young and inexperienced fish that make so excellent a substitute for the sardine of France. The older fish are smoked and dried or used as bait for other finny inhabitants of the sea destined for human food—an other opportunity for the moralist to point a comparison, if he will.

Usually from early May till late October the sardine-herring abound off the eastern shores of Maine and near the coast of New Brunswick and the western extremity of Nova Scotia. But it is no safer for the weir-owner to estimate his herring before they are caught than for the farmer to count his chickens before they are hatched. For any particular weir may trap not a solitary herring to-day, though yesterday or for weeks in succession last year it fished twenty or thirty hogsheads full. Thus the young herring is eccentric enough to be the subject of many a romantic tale.

Most of the "sardine" factories are located in Eastport and Lubec, Maine, which have always been the centre of the industry. In earlier days, when the fisherman had to depend upon sails to propel his boat, it was necessary that the canning factories be conveniently near, since the tender little fish spoil if

kept out of the water without cooking after ten hours or so. Now, however, power-boats have come into general use in transferring the fish from weir to factory, and this fact, with the increasing demand for sardines, has led to the establishment of sardine factories in several other localities. But these very power-boats, it is averred by the fishermen, frighten away the fish with their noisy reverberations, so that for the last five years the catch has been noticeably smaller than in preceding years, when sailboats were chiefly in use. During two of these seasons the supply of American sardines was hardly adequate to the demand.

The idea of using small herring as a substitute for sardines was first suggested by Mr. George Burnham of Portland, Maine. He reasoned that herring, being the most numerous of fishes, while true sardines are comparatively scarce, as well as more juicy and palatable than menhadden or alewives when young enough to resemble the sardine in size, if properly canned should taste equally good and cost far less. He accordingly went to France and observed the methods followed there in the canning of real sardines, then purchased olive oil of the best quality and returned to America to try his fortune. For years, however, he could not overcome the flavor of herring-



WEIR CONTROLLING CHANNEL BETWEEN TWO ISLANDS



SECTION OF BALLASTED WEIR FOR ROCKY BOTTOM

oil, so strong and disagreeable. The scheme was given up for a time. It was experimented on again in 1871 with menhadden, also unsuccessfully. Finally in 1879 some ingenious men discovered that herring could not be dried and then fried, as are the French sardines; they were subjected, instead, to the action of live steam in a steam-box and then baked or broiled on the same frames on which they had first been spread, to prevent undue handling, and thus lost every atom of unpleasant flavor. The process, with the revolving oven in which the fish are baked, was patented and a company formed to supply the trade with this new and truly appetizing product.

The whole process of sardine fishing and packing is very interesting, and the summer guests who flock to the fine hotels on Campobello, at St. Andrews, and other points in the neighborhood, or visiting friends at Eastport or on the charming West Isles, are eager admirers of the trim little yacht-like boats of the weir-fishermen and solicitous enthusiasts about the daily "catch."

A man called the weir-tender is in charge of the weir, and rows out to it occasionally to see if the water contains

enough fish to warrant fishing the weir. At night a torch is lighted and held over the side of the boat to attract the fish to the surface where they may be seen and estimated. Two hogsheads or more is considered worth seining. Then if you are anywhere in the vicinity, you will presently hear the vigorous signal of a horn, and soon see one or two boats rowing in the direction of the weir. The fish are scooped out of the water in dip-nets or else collected at one side or corner of the weir in the deepest water by dragging a seine across the enclosed space and then, by hauling in the net of the seine, the fish are captured and rolled into the boats.

The sail for the factories begins directly. When at the pier they are at the factory, for these buildings stand close to the water's edge. The fish are loaded into tubs, which look like half-barrels with bails for handles, and are carried into the factory over a "traveller," a kind of cable that moves over pulleys. The factory itself may be a moderately new and substantial sort of structure, or it may be old and weather-beaten, but always it is clean. At least, if there is dirt, it is clean dirt. Of course you



COMMON BRUSH WEIR FOR SHORE FISHING

would not think of visiting a sardine-factory in your best clothes, lest they carry away too powerful an odor of fish; nor would you carelessly sit or lean anywhere, for there seem to be few spots not touched by the oil. But when you reflect that the building is washed from top to bottom frequently, you agree that the discarded portions of perfectly fresh fish and the necessary spillings of fresh oil are hardly to be classified as "dirt." The employees, also, are required to keep themselves as clean as the frequent use of soap and water can make them. In-

deed, so penetrating is the odor of the herring that a bath and daily shampoo are essential to their own comfort.

Inside the cannery the fish start immediately on the journey that leaves them in less than twenty-four hours, headless, cleaned, dried, and sealed airtight into little cans of oil, a wholesome food ready for the table. The process begins when a group of boys and girls pick them up, fish by fish, cut off their heads and clean out the entrails, at five cents a peck, measured after the bodies are prepared for the next operation. A skilful person can cut and clean one thousand fish in an hour. The bodies are washed automatically and most thoroughly in large tanks under a sluice of running salt water and put into a pickle of salt and water for a period of three hours, after which they are ready for the flakers, who spread them, very carefully so as not to break the soft little bodies or let them touch each other, on racks of coarse wire netting known as "flakes" for the eighty-five minutes of drying. Boys and girls do most of this work, also, at forty cents for each hundred fish, making from twenty to twenty-five cents an hour.

The drying is accomplished in what is called a "reel-oven," or large revolving steel cylinder with compartments, into



UNLOADING AT CANNERY

which the rack-holders are wheeled and closed. It revolves very rapidly in correspondence to the steam pressure. There are two ways of cooking the sardines after the drying process,—viz. baking or frying. The reel oven is used in baking, which requires about ten minutes. The frying means that the fish are immersed for a few minutes by means of wire half-baskets in a tank of oil which has been heated to the boiling point by the circulation through it of a current of live steam. They are then drained and cooled.

Now the fish are ready for the cans. Eight fish in a small can and sixteen in a large one, is the average number for the smaller fish; the larger ones are put up in mustard in $\frac{3}{4}$ -pound cans; the grown fish are sent to the smoking factory. For from twenty to twenty-five cents an hour each packer spends his day

in arranging the fish in the cans and passing them on to the oilers, who run tray after tray of the cans under the spout of a machine that flows each can full of fresh oil and speeds them forward to the sealers. The cans are closed by another machine, which requires only one man to tend, where four men were needed for the same kind of work in the old days when the work was all done by hand. This man also receives about twenty cents an hour, which is a very good wage in this part of the country where the cost of living is not large. The sardines must now be thoroughly cooked by steam or in boiling water for nearly two hours, and at the same time the cans are tested as to air-tightness; if there is the "slightest leak, the can is thrown out. When they come out of this steam bath, the cans are cleaned carefully in dry sawdust and spread out



WASHING, DRAINING AND FLAKING HERRING

on tables to cool during one whole day. Then they are packed into cases for shipment, 100 cans of $\frac{1}{4}$ oils, or 50 cans of mustard, to the case.

The method of packing sardines is short and comparatively simple, through the aid of modern machinery, but most delicate, as well as expensive. Over-salting or delay in frying causes the fish to break to pieces in the frying process; delay in drying causes them to decompose and vitiate the oil; over-cooking

destroys their delicate flavor. To carry on successfully the business of packing sardines requires a capital of \$50,000 upwards, and a firm credit with the commission houses that handle the finished product. If the cost of fishing were not reduced to a minimum, as it is, by the practicability of weirs in place of the laborious open water seine-fishing of older generations, the industry would become impossible, so low is the price received per case of packed fish.

Little Happinesses

By Kate Gannett Wells

AM I never to get rid of the tiresome sense of responsibility for other people's happiness?" exclaimed a young girl. "I do so want a vacation from being sympathetic and helping other people to have a good time."

But her older friend gave her scant comfort, save as she told her that the trouble lay in her looking out for big things to do instead of taking hold of the little happinesses, close at hand, to be won for others.

Still the girl pleaded for release from her self-imposed duty and wished she had not any conscience, so she could have a good time all to herself. For as things were it was sure to be her fate that, just as she was really enjoying herself, she grew miserable because she saw some other girl who had not any one talking to her or dancing with her, and so she had to do something for her or find somebody for her.

It so happened that the brother of the girl who was bemoaning her convictions overheard her complaint and bluntly told his sister that, when girls went to parties as social missionaries, they would soon find that, unless they lessened their efforts to convert young men into disinterested fellows, they

themselves would be neglected and some one would have to turn missionary to them,—that she ought to show more tact, or the fellows would learn to avoid her as a doer of good, and the wall-flower girls would be indignant because she took them as a duty;—and that a party was a place where people got their deserts and that was all there was to it.

Then, put on her mettle for self-defence, the sister's better nature asserted itself as she declared, "I never thought I could do big things for others, only I get worn out, little things seem so ordinary, but I've got used to doing that kind and I guess I'll keep on in that line."

Perhaps it is the actual truth and also the commonplaceness of this story which makes one realize that, after all, the unconscious kindnesses of the ball room, whether the dance is in a fashionable hall or in a deserted ward room, are what makes one have a good time. It is not only girls and women who are lonely in society, for young men and boys are quite as apt to suffer from the neglect of others. Yet the girl, who is a social favorite, need not fear, lest she compromise herself through a shy fellow's fancy that she may like

him particularly well just because she is decently cordial to him. He well knows that the way in which either cordiality or dignity is shown makes all the difference in the excess or lack of either. Still the one quality which is lacking to our American girls is graciousness. That charm never misleads the man to overvalue any grace shown him by a girl, since he realizes that grace is hers by nature, a possession never to be given away, and that same grace will warn him, if he should be presumptuous, with the same delicacy which will cheer him when he is lonely.

It is indeed wretched to feel all the little snubs which people, young and old, can contrive to inflict upon others, but it is far more deadening for one's self not to have the capacity to feel them. To be capable of feeling and sensitiveness, but to practise self-control and to care most for real things and real folks creates a noble, tender character. To lose delicacy of perception in any way makes one blunt, unsympathetic, and self-conceited. The longer we live in the world the more do we find that happiness comes to us just in proportion to the pleasure we extract out of *little* things. If we wait for great occasions of joy or thankfulness, we shall long, perhaps always, wait in vain; while if we rejoice in the little deeds of sweet temper and sunny faith, we can get much delight out of almost nothing.

Akin to dances, in the opportunities they offer for giving little happinesses, are boarding houses, which are often lonelier for the inmates than solitude itself. Their capacity, however, for being otherwise is large as was proved by one of them, in which no one before had ever known any one. Then there chanced to go to it a woman with a great genius for friendship, who, left alone in the world, hoped to find a home in a boarding house, not realizing that if she should it would be of her own making.

At first no one spoke to her, a few bowed and so it continued for two or three days. Then because of her rich, warm, human sympathies she wished her neighbor good morning. The neighbor was surprised but wished her the same. At dinner there was a slight conversation. At supper the opposite neighbor was drawn into the talk; soon each went to her own room. By the end of two weeks, however, everybody in the large house exchanged greetings, conversation was general throughout the meals, there were lingering talks on the stairs and in the entries. Tickets to lectures and concerts were exchanged, occasionally, and a whist party was formed in some one's room. At noon the men asked the women if they had any letters to post, and at night everyone left his or her evening greeting at the widow's door.

Friends invited her to stay with them. "No," she replied. "I have found a home among busy people and we need each other."

Last winter she died suddenly. "How sad," said the friends of her former life, "to die in a boarding house!" "How beautiful," said the boarders, "that she died right among us all who cared for her, for she had taught us all to need one another."

It was sympathy she gave; it was friendship she received. Of social caste she knew by hearsay. Of character she knew by her patience and endurance. One thought guided her life,—that she had a personal responsibility for making brighter the odd moments of every one with whom she came in contact. She had no money to give and but little time. Sympathy, intuition, cordiality were hers in abundance; the more she gave of them the more she had, till now that she has gone we say,—Was there ever another woman with such a genius for friendship! Yet her genius was simply her sense of responsibility and delight in creating for others the little happinesses of life.

A Modern Missionary

Address to Graduating Class at Boston Cooking School, June, 1902.

By Mrs. Ellen H. Richards

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"Work well done is robbed of its curse."

THE Century Dictionary defines a missionary as one who spreads any new system or doctrine,—a person sent to do educatory or charitable work. And a mission is that which one is or feels destined to accomplish.

Every student who goes out from the Boston Cooking School feels the pressure of destiny, and, I am sure, has that high resolve to share with others, less fortunate, the wisdom she has gained. Hence she will not be offended at the term "missionary."

The great physiologist, Huxley, from personal experience as well as from observation, stated his opinion that a man's best start in life is a sound stomach. With apologies for mentioning this necessary organ, we wish to state clearly that this is our opinion also; for food without a good digestion is coal and no means of making a fire. Undigested food cannot keep alight the furnace of the human body.

The clever boy is not, as a rule, a sturdy boy. At games he may be brilliant and "showy," but in an uphill fight he "loses his hair." Under stress and difficulty he becomes irritable. If the strain be prolonged, he either backs out or breaks down.

It is an unpleasant charge sheet that we have drawn up against clever people. The items on it are, want of staying power, irritability, and weakness when in a tight place, uncertainty of temper, a certain aloofness from their fellows (which is bad for any man), and a tendency to slyness and shiftiness when occupying a responsible position.

To overload the stomach makes a man sluggish and spend over-much of the vital force in the digestive processes.

The development of his body will not

rob his mind of its cleverness, but it will relieve it of its irritability. Stability of character will come with strength of muscle.

The world is still sitting in darkness as to the values of the different food materials compared with each other, and as to the effect methods of cooking have upon these values. Dense ignorance prevails as to the hygienic combination of various dishes for a meal, as to why this or that garnish is used with one and not with another preparation.

If some one feels that we have, even with the aid of the dictionary, somewhat twisted the definition of missionary, we may go still further, and say, without fear of contradiction, that unbelief is still the besetting sin of nine-tenths of the people; that it is unbelief which, as workers in your field, you will have to combat. The age is thoroughly sceptical and, as is natural, at the same time extremely credulous, if not actually superstitious.

Let one of your first efforts be to find the man or woman who believes that he or she might be happier personally, and might make the lives of all with whom he or she comes in contact happier, if a balanced diet permitted the best mental conditions always, instead of occasionally, to prevail. We do not believe, or we would act upon our faith. The present is a time of great strain, mentally, upon all classes. It is a time of hurry and worry, of noise and confusion. So far as in us lies, we should minimize as much as possible this fret and irritation, by strict attention to physical condition, sufficient exercise, and suitable food. The choice is ours to make. We are not compelled to keep to the product of our own acre for food, as our an-

cestors were. The world is before us to glean in; and how do we use this liberty, for good or ill, as judged by the people? Do we meet pleasant faces and genial manners? Do we see vigorous walkers, clear eyes, fresh complexions, elastic steps? Are we a healthy people? Alas, were there ever so many physicians? so many beds in hospitals? Is the total death-rate lowered? If not, why not? One word furnishes the answer: Unbelief.

We are losing the look ahead. Thrift is out of fashion. We say: Better ten years of America than a cycle of Cathay. Live while we do live, spend while we have it.

The mother gives the young child coffee, rich desserts, and all the meat it thinks it craves, and, because nothing happens the next day, she is sure that her indulgence does no harm. Because the business man does not have a fit of apoplexy directly after his hasty lunch of indigestible viands, he assures you his habits are all right, and that his eating has nothing to do with his lack of success in business. The insane asylums, too, are filled to overflowing; and thousands are on the verge of breakdown.

The one remedy no one thinks of using, just because it cannot be bought in a bottle and taken, watch in hand.

The students in these classes are doubtless taught to sugar-coat the pill, as well as to devise dishes intended to tempt to indulgence. Plain food, coarse food, as some sneeringly call it, may be made most attractive, without injuring its nutritive power, by various harmless accessories. This art you are going forth to teach, are you not? Many concoctions show fair bulk and enticing exterior, and are vanity of vanities, so far as nutrition goes. These, you will take care to explain, are for show, and not for use, and so on through the list in which you consider yourselves proficient. But with it all the missionary spirit will lead you to try to instill into the minds

of the people a belief in their responsibility for their efficient life in this world and for the happiness and the well-being of their neighbors, as well as of themselves. Example is contagious; and that which one's neighbor considers essential is apt to be our standard, unless we have formed our own on principle.

The joy of perfect physical health, the smoothness with which all the machinery of life runs, the ease with which work gets itself done, the careless assurance with which we face all chances of disease,—how delightful life may be under these circumstances, a very small per cent. of our people know. And you are going out as missionaries to tell them; but are you truly good examples, in your own lives? If not, let this day be the marking of a new page, and let the teacher be an example as well as a finger-post; for the crowd will look, when they will not listen. If they see you always well and merry, always ready for work and play, they will accept your doctrine with less salt.

And what are your doctrines? Are you the "one-idea" missionary, or is your mission one of inspiration and suggestion, rather than dogmatism? Are you to urge vegetarianism, or the meat cure, or the fruit and cream and honey diet? Are you to claim the first place for oranges, and keep bananas under ban, where some would have us think they should stay, until the garbage pail receives them? Will you insist that every dinner must begin with soup and end with coffee, no matter what have been the habits of the people you are laboring with? Will you teach that two meals a day are enough, and so solve the eight-hour day problem by omitting breakfasts? Are you to be the agents of the Ralston Still, claiming that distilled water is the true *eau-de-vie*? Are you going out to teach that there is no "nutriment" in white bread or in rice, that tomatoes contain mercury, and that roots or vegetables, growing beneath the ground, are poisonous? Will you join the ranks of

those who use alum baking powders, for fear of the Rochelle salts formed from cream of tartar mixtures? Will you banish sweets from the children's table, or will you give them all the chocolate creams they ask for? A thousand more questions I might ask, and you might fail to pass the examination; for, I fear me much, our gospel is not very clear or consistent, and therefore I ask: Would it not be well to be careful what doctrines we do preach at present? Shall we not rather hold up a mirror of good health,—really good health, not that kind which enables us "to be about," but that which makes us efficient members of society,—and say: Are you in that condition? if not, why not?

New and trying conditions the race must face, and success lies mainly in the perfection of diet, which is evolved by the students of such classes as this. Do not take any lame excuses,—“My mother always had sick headaches,” “My father had indigestion,” just as if these things were inherited, like black hair or blue eyes. It is quite time we threw off the yoke of bondage to our ancestors, when our digestion is in question. We are responsible for our environment, not they. We control our physical and mental and, therefore, our moral condition, and we are responsible. Athletes, performers on the bicycle, even the abnormal development we sometimes see, teach us how much may be made of unpromising material. It is this doctrine of personal responsibility which I believe the graduate of a school like this should go forth to teach. Individuality is the

rule, and conditions differ. The old adage still holds,—“What is one man's meat is another man's poison”; and, moreover, what is meat at one time is poison to the same man at another. Bodily conditions, fear, anger, cold, may so retard secretion that the decomposable food taken may develop toxins within the body, because of the absence of anti-septic juices.

Under the exhilarating effects of mountain air and sufficient exercise, even hot biscuit and mince pie may give up their nutritive value to a digestion which, in a city boarding-house, would refuse to be loaded with them. And so, you see, we must go about this kind of missionary work with the widest catholicity of spirit, with the thought that whatever is has some reason for being, and for that reason we must search, before we fight the thing itself.

Ideals are what we must strive for, not petty details; and yet, in doing, the small details make often the largest part,—only we must distinguish clearly when they are essential.

And so we send you on your way, to comfort and cheer the sick and despondent; but we beg you not to lose sight of the higher aims of life, to which eating and drinking are but the stepping-stones, not the perfected edifice. We beg you to look higher than the dainty afternoon tea table or the Epicurean banquet, to that fuller life of intellectual pleasure, which is too often sacrificed, because of ignorance and unbelief in regard to physical conditions.

June

By Lalia Mitchell

Breath of roses with dew drops wet
And subtle odor of mignonette.
Song of birds in the maples high
And blue of a cloudless, perfect sky.
Babble of brooks and drone of bees

And whisper of winds through the locust trees.
These are the signs that are sent to say
June, the matchless, has come this way.
Pausing an instant, our world to bless
With the charm of her lingering, warm caress.

Time and Clarissa

By Alix Thorn

WELL, there *are* compensations in being older," remarked Clarissa, settling herself comfortably into a rocky niche, watching, as she spoke, the launch, which rose and fell on the blue water far below our feet. Down the long flight of steps which led to the float hurried a crowd of girls laughing and talking excitedly, and following after them came several young fellows bearing feminine wraps, and feeling keenly conscious of their own importance in being thus protectors of the dependant sex.

"As I remarked," continued Clarissa, "there are compensations in being older. I was invited to that launch party, and were I ten years younger I would consider that I had to accept, but I preferred to lean back thus comfortably this August morning, and watch the passing show from my island watch tower. By the way,"—quickly turning to me, "why don't you join our young friends? I heard you most cordially invited, yes, even enthusiastically. It's very nearly a sin for a 'gentleman growed,' not to fall into line."

"One reason is that I don't in the least want to go," I remarked pensively, tugging at my mustache, and looking down upon Clarissa's broad hat.

It is but fair to add, just here, that I had never addressed Clarissa as Clarissa, but I had always thought of her as Clarissa, which perhaps was quite as serious. At The Lodge, a really respectable walk from our present retreat, was Clarissa's aunt, Miss Edgerton, and to distinguish her niece from the older woman every one said, "Miss Clarissa." In the weeks that I had known her I had become familiar with many of the ways of my fair companion, and after her remark on acquiring years, I was reasonably sure of her next move. In

this I was not mistaken, for Clarissa began to play with a certain bewitching curl, which adorns the left side of her temple, and in this curl gleam unmistakably two gray hairs. I told myself that it was time for my friend in the rocky niche to skillfully weave into the conversation how long past were her school days.

"I'm terribly rusty on my Greek History," said Clarissa almost directly, lifting grave blue eyes to mine, "but I studied it such a long time ago that it's pardonable, perhaps, to occasionally forget."

"I should say it was," I agreed amiably, and fell to dreaming. When a man is thirty-eight, and unfortunately does not look the part, but is judged to be under thirty, it's a bit trying to have a girl like Clarissa keep rubbing it in about age. I couldn't shout my exact years from the roof of The Lodge, or when invited by the college crowd to join their revels could I take each one by the arm and whisper thrillingly into his ear that I felt a trifle past such joys. Again, I felt reasonably sure that Clarissa was in her early thirties, and she looked any amount younger than that. But for the past week she had evidently chosen to discourage me, by allusions to her age, the subject that is popularly supposed to be a damper to sentiment. Now as we walked across the fields to The Lodge I formed a sudden resolve, and so pleased was I with myself for making this resolve that I was constrained to smile so hopefully that old Mrs. Wentworth, who was clipping balsam at the edge of the woods remarked, as we passed her, "you two young people must be having a good time."

"I am, speaking for myself, Mrs. Wentworth," I replied, and Clarissa's sole acknowledgement was a chill nod in

the direction of our cheerful fellow boarder, while an added color grew in her rounded cheeks.

Clarissa looked especially handsome this morning in a severely plain white linen, which suited well her slim figure, and she moved with the free, buoyant step of one accustomed to walking.

Having decided upon a campaign, I thought best to begin as soon as occasion offered, and the opportunity was not long delayed. As Clarissa went into the office to look for mail I was met at the door by old Mr. Fanshaw, who clapped me on the shoulder, remarking, "Now why don't a great husky young fellow like you, join that launch party? Take all the fun you can get, I say."

"To tell you the truth," Mr. Fanshaw, began, raising my voice, "a man of my age, perhaps lacks youthful enthusiasm, but I believe in letting the younger set go off by themselves, sometimes, and thus be more free to have sport in their own way.

"Shoo!" said my elderly friend, "you ain't old enough to talk that way, and you know you ain't."

"At any rate, my heart is young," was my reply, as Clarissa passed us, and seated herself at the extreme end of the piazza, with her mail, and I walked slowly over in her direction.

Towards evening an enveloping sea fog found our island, driving to the parlors even the most rashly adventurous, and the great open fire seemed to give a royal welcome indoors. A pale young girl was enthusiastically urged to sing, and she obediently brought out her plump portfolio. We had applauded a lullaby of Grieg's, two of Jessie Gaynor's child songs, and then, as she turned over her music uncertainly in search of "one more," I inquired hopefully, "Miss Eastman, do you sing any of the dear old songs we used to hear years ago, such as, 'Some Day,' 'In the Gloaming,' or 'Let Me Dream Again'?"

Miss Eastman looked politely puzzled—"I'm very sorry, Mr. Dodge,"

hesitatingly, "but I don't—I think I have heard my aunt sing one of those songs, and it was mighty pretty."

At the risk of being thought old-fashioned, I said with just a shade of disappointment in my voice, "I *must* say I love the old songs, and could wish that you young singers would persuade your teachers to give you one, now and then."

I was conscious of Clarissa's surprised eyes fixed upon my face, but I continued to study a disheartening, painted plush panel, which decorated the wall, and gave generous encouragement to a banjo solo, which followed.

"Now, that's funny," I heard a girl say to her mother as, the entertainment over, we hurried out, "that Mr. Dodge likes those queer songs; nobody sings them, Mother."

"Ah, he's older than you, Elsie," was the low reply.

The next evening being Wednesday, was reserved for dancing, and an ancient piano, and squeaky violin, ground out insistent two-steps, to the strains of which several couples slowly progressed down the long rooms. Clarissa and I were pacing the piazza, watching far off golden lights on other islands, or the white arm of a searchlight, that of a sudden would illumine fir-covered slopes, and dark waters.

"Want to dance?" I asked Clarissa, as we came to a pause before a window and looked in at the scene of mild revelry.

"No, thank you," she smiled, adjusting a Gibraltar scarf over her thin gown. "I feel that Aunt Harriet may need my assistance, at any moment, to right some puzzling tangle in her new crocheting, and, any way, I'm not so keen on dancing."

I shook my head at the invitations for us to come in and be performers, instead of audience—"You see," I took pains to explain to a tall thin youth whose joy it seemed to be to stiffly attitudinize, as he circled with his partner, from corner to corner, "Miss Clarissa doesn't feel like dancing to-night,

and as I observe you have only two-steps, they don't attract me, very much. If sometime we could have a waltz, or a quadrille, why I might be tempted. I've never felt really at home with the two-step."

"My, yes," was his rejoinder, "any time you'd like a square why speak up. Why didn't you say so before? Perhaps some of the married people would like that kind too. I'll back you up, old boy," and he made his painful way around the room again.

"Clarissa," said her aunt's voice, "will you help me, child. I cannot remember whether I purl here, or merely chain stitch."

"I'll come right away," called Clarissa, "right away, auntie dear," and turning to me with rather a mutinous look, "In your list of dances, wasn't it a bit disloyal not to mention the honest Virginia Reel?" and she was gone.

It was the next morning that I met the Rector, as I was crossing the bridge to the island. He had come out of his cottage accompanied by an ecstatic cocker spaniel, and we paused to watch the fishermen dropping in their lines, now at this post, then at one much farther down, in the hope of winning luck by change. Not unfrequently their industry was rewarded by a flounder, or a tom cod, and bait was cheerfully exchanged while the merits of worms or small clams were eagerly discussed. "I understand you preach at the chapel next Sunday," I said, glancing up the hilly road whose summit was crowned by a tiny spire.

"Yes, I believe I did promise to conduct service. Are you men down at The Lodge all coming out to hear me?"—smiling quizzically at me through his glasses.

"I for one," was my hearty rejoinder. I honestly liked the stout, jolly rector, and his optimistic views of life. It was not the first time we had walked together, discussing hunting and fishing, in Maine and elsewhere, on sundry occa-

sions when I was unavoidably absent from Clarissa. Her aunt had a singularly selfish fashion of sometimes claiming her niece for an entire morning or afternoon.

"Being merely a layman," I said as we took the sandy road to the Cove, "it may not be fitting if I venture to make a suggestion as to your sermon next Sunday, but if you haven't *entirely* decided upon a talk, would you mind giving one on the joys of old age, or, facing calmly advancing years, or that idea?"

The rector's eyes twinkled appreciatively—"And this in summer," he said—"do I hear aright? Well," sobering, "oddly enough it happens that I *have* an address with me, which I call, 'The Weight of Years,' and I shall be very glad to give it instead of the one that I had half decided upon. Remember, Dodge," glancing at his watch, "I shall look for you in the congregation."

"And your search shall not be in vain," I said to myself, watching him striding off down a winding path.

It was Clarissa, all in palest pink, who walked sedately to church by her aunt's side, and I followed on at a discreet distance, with Mr. Fanshaw. Two of the chapel windows were open, and a fresh, salt wind stirred the goldenrod in the brass jar in the one memorial window. Far off twitterings sounded in the peaceful open fields by which we were surrounded, and sometimes was heard the mellow whistle of a passing launch.

I chose a seat where I could watch Clarissa's expressive face, and its swift changes were a source of infinite gratification to me. Sweet solemnity, appreciation of the hymns, interested joining in the service, growing surprise at the topic, evident annoyance, inward amusement, then swift decision, her gaze wandering from the sunlit chapel off to sunlit fields, which the blue water bounded.

I had no opportunity to see Clarissa the rest of the day, for a bevy of old ladies came in on the afternoon boat, friends of her aunt, who were to leave

in the morning. Clarissa went down to the pier to see them off, and I felt an unreasoning jealousy as I observed from a distance her gentle ministrations, and pretty little attentions. Now if I were to go away on the boat, be it morning or afternoon, I pondered, Clarissa would never think of giving me such a send-off; I was not a suitable old lady, of course, yet, were I a truly old gentleman, would it not be the same?

It was after breakfast that I found a curiously wide awake Clarissa on the piazza. It seemed to me that she stood even more aggressively erect than usual; her eyes, always wide open, were wider than I had ever seen them, and she glowed with a fine color. She was wearing one of those coquettishly drooping hats, an embroidered, soft looking affair—which is called, I think, *lingerie*. “Good morning, Miss Clarissa,” I said, “to use an entirely new simile, you look as fresh as a daisy.”

“Quite renews your youth, just to see me, doesn’t it? Please don’t stand, here is a comfortable chair,” was Clarissa’s mocking answer, but her lips curled in amused fashion.

“Stop,” I said, “I do feel so disgracefully youthful at this moment,” and encouraged by something in her face—“Oh, let us be young together, rashly, deliciously young,” and imploringly, “Let’s be little children again, the two of us, the sort that love each other, Clarissa.”

Clarissa’s sweet eyes refused to meet mine, but I felt that they were smiling. “We’ll see about it,” she half whispered, and my joyous reply was—

“When I was a small boy, oh no, not so very long ago, comparatively a short time, I remember when my mother said she’d see about a thing, she meant she would do it,” and light heartedly I followed her light footsteps down the cliff walk.

Grandmother’s Parlor

By Mrs. J. W. Riddell

THE great open fire blazes cheerfully on the hearth as I pull up my chair for a few moments to rest and, ah, yes,—to dream, perchance, of the future with its mighty possibilities, and perchance of,—but here a strange and spicy fragrance comes to me as if fanned from the heart of the dancing flames.

What is it so new, and yet so strangely familiar, so near, and yet so mysteriously distant?

Why, of course it is grandmother’s parlor, and I am a little boy waiting without, listening, fearing to step, lest I arouse Aunt Jane from her reading in the opposite room.

All is still, and I pass on to the door tightly shut against intruders. Turning the knob, I open it slowly and squeeze in, ever alarmed lest I disturb its anat-

omy to the point of its crying out. That would bring Aunt Jane and Grandmother with one accord and I,—well, I won’t dwell on it, it is too unpleasant.

It is dark and for a moment I wait, then steal across to the window and open the shutter just a crack to let in the light.

Uncle Peleg and Aunt Sophia look down at me from their lofty positions above the mantelpiece. Aunt Sophia must have used glue on that parted hair, for it even eclipses Aunt Jane’s in smoothness, and that is saying much. Uncle Peleg,—well, I feel some uneasiness about even looking his portrait straight in the face, for it always seems as if he were on the point of stepping down from that gilt frame and asserting his rights, and most emphatically, too, if one were to judge from the square

jaw and stern mouth in the picture. He seems to have appointed himself special guardian over the wonderful vase of wax flowers which repose under glass. It would indeed be a pleasure to mount the haircloth armchair and view this wonderful example of art at close range, but, under Uncle Peleg's watchful eye, this pleasure must not be thought of.

On the opposite side of the room, and I feel more comfortable with my back toward Uncle Peleg, is the great sofa covered with haircloth to match the chairs. Here one may sit for one blissful moment, then slide over that shiny surface to the floor below. To maintain his equilibrium must have been a person's prime motive when seated on this piece of furniture.

Nearby on the teakwood table is a curious jar brought from over the sea, and this is worth stopping to examine, for it is full of rose-petals. I had picked some from the bushes myself and dried them in the sun, but they didn't smell like Grandmother's. Perhaps hers came with the jar, who knows? Anyway, after taking one long whiff after another, I replace the cover and pass on to look at a picture all worked in worsteds. Aunt Sophia had made it, so they told me, at the age of twelve. Well, I had always believed Aunt Sophia capable of moving the earth if she had so desired, so this was not astonishing. I was only glad that I wasn't a girl, for then some such feat of skill might have been expected of me.

I would much rather go to sea as Grandfather had and bring home teakwood tables, and perhaps kill pirates. Of the teakwood tables I am sure, but feel some doubt concerning the pirates. Perhaps he had killed one or two; anyway I will give him the benefit of the doubt.

The little cabinet over in the corner, standing on four short carved legs, contains shells, and here is a golden treasury. As I hold one of them to my ear, I fancy I hear the distant roar of some

mighty ocean resounding within, and closing my eyes, I see great vessels tossed to and fro in a storm, and myself in command of some gallant ship coming to the rescue. Or, perhaps, this roaring ocean is dashing against a sandy beach where bands of natives are waiting to capture ships which may come that way. When Grandfather was here he used to tell of such things.

After listening to these for a time, I pick up the little necklace of tiny pink and green shells, which had been made by a little girl on some far away island in the Pacific Ocean and presented to Grandfather by her parents. Aunt Jane had been allowed to wear it to a wedding once when she was a little girl, but she had to be ever so careful, and after that it had been put away in the cabinet.

I mustn't stop longer here, for on the great centre table is a wonderful album in the back of which is a music box. Uncle Peleg brought this from South America, and in the front part are the pictures of four beautiful Spanish ladies, their faces half hidden behind their lace mantillas. Uncle Peleg had known their husbands, Grandmother said, and when he started home they bade him bring the album as a gift to Aunt Sophia. However, the back part is more interesting to me. O, to take the key and wind that music box, but unfortunately for me, both Aunt Jane and Grandmother have unimpaired hearing. That exciting proceeding must be postponed until Thanksgiving Day, when Uncle Walter and Aunt Delia come with their four boys to spend the day. Then at exactly half past four in the afternoon the parlor door will be opened and we will pass through in single file and sit down. Grandmother will then bring the lamp from the sitting room and place it on the worsted lamp mat in the centre of the mahogany table. After a few moments of polite conversation Uncle Walter will say, "Come, Mother, let's have a tune." Then in breathless anticipation

we will wait until Grandmother winds the music box and sets it to playing some Spanish dance song. Even Aunt Jane cannot be trusted to perform this act, so why should I ever hope to have it entrusted to me. After examining the works and picking the little wheels in its interior with a bent pin, I carefully close the album. Thanksgiving Day is two months off, so I must wait.

There is nothing to prevent my opening the beautiful fan nearby with its ivory sticks and its pictures of fashionable ladies handpainted on satin. These beautiful ladies wear party gowns and have their hair piled high on their heads, while the gentlemen are resplendent in satin coats and knee-breeches. I laugh at the thoughts of Uncle Peleg attired in such gorgeous raiment. Evidently it hadn't been the fashion in his time, anyway not for him.

There is another fan here made of soft downy feathers with carved sticks of sweet scented sandalwood. This Grandmother carried on her wedding day, when she wore the beautiful white satin dress which is laid away in a great chest in the attic.

On the other side of the table is a ponderous volume of Bunyan's *Pilgrim's Progress*, and opening the cover, one sees the words, "Will Miss Jane Crampton please accept this gift as a token of the love and esteem of her pupils."

Aunt Jane once taught school and this was the gift of her last class. I know the lines by heart, for on every Thanksgiving Day since I can remember Uncle Walter has read them aloud and then asked Aunt Jane the names of each and every one who belonged to that famous class. And hasn't Aunt Jane just as regularly expounded at length on their scholarly qualities until we have wondered how it was possible for one class of boys and girls to possess so much knowledge between them. But then, with such a teacher it was not to be wondered at.

I must hasten on, for they will be

looking for me and I still have "The Rhyme of the Ancient Mariner" to scan from cover to cover. This volume is so large that it occupies a place on the floor and leans against the wall. I always spend so much time on other things that I have to hurry through this great book with its awe inspiring illustrations. Some day I mean to come and spend a whole hour looking at it, but just now time is precious, so after a hasty glance at each page, I replace it against the wall.

This wall itself is worthy of some notice, covered as it is with such interesting paper. One can invent fairy stories when looking at it, with its trees and mountains and little ships sailing over miniature blue seas.

If anyone on a gala day happens to hit this precious paper with the back of his chair, that person is in danger of being banished, chair and all, to a position outside the door, from which position he is obliged to view his more fortunate fellows. Once outside no amount of pleading will gain him admittance until another celebration takes place at some future time.

Before I leave this garden of enchantment I must examine the lacquer work-box with its little closets and drawers, one of which opens with a secret spring. In that secret drawer inside a little gilt box are two tiny brown curls. These are never exhibited and I do not know their history. I remember seeing tears in Grandmother's eyes once when she opened the drawer and looked at them, but when I asked her whose they were she made no reply.

I hear a step; it is Aunt Jane on the stairs, and I know that I shall be able to escape unnoticed, so after closing the shutter and taking one last whiff from the rose-jar, I make ready to leave the room.

There is one thing, though, that I have forgotten, and that is the pink, sugary looking vase that stands on the table between the two front windows. I must

not go without first taking this in my hands and putting it up to my mouth to be sure that it isn't really made of pink candy. I always have hopes of its tasting sweet. But no, it remains the same as before, so I leave it on the table and listen once more.

Yes, all is still, so I quietly open the door and pass through.

My fire has burned low and I rouse myself to put on a log. I have been back in that mystery land of my childhood, have been a boy again, in my grandmother's home, that dear woman who was both mother and father to me.

The parlor is a thing of the past, but on the table here in my library stands a curious jar brought from over the sea, and when one lifts the cover a faint odor of rose-petals arises. Near to it stands a little lacquer work-box with a secret drawer, and in this drawer are the two brown curls, which I have since learned belonged to my dear mother who left me even before I saw her.

Uncle Peleg and Aunt Sophia found

their last resting place in Uncle Walter's attic where they no doubt still stand guard over certain vases of wax flowers.

My little son has spent many a happy hour listening to the roar of the mighty ocean in those speckled shells, and perhaps he, even as I, sees pictures which he thinks wiser to keep to himself.

The Spanish dance songs are heard no more; indeed, the point of a bent pin might here tell a tale, but it sufficeth to say that on a certain Thanksgiving Day, many years ago, the music box refused to work and no amount of oiling or shaking would bring forth a sound. It certainly was very strange, very strange indeed. Only the four Spanish ladies remain to tell the tale, and I fancy that they draw their mantillas more closely about their faces whenever it is mentioned.

These things are all that are left, but they never fail to bring back to me the sweetest memories of those stolen hours of pleasure spent in Grandmother's parlor.

Song

By Helen Coale Crew

O hear! O hear
June draweth near!
I know it by the trilling clear
From bluebird's breast,
When from his nest
He rises in the golden air.

O see! O see!
How yonder tree
Is clothed in white, all maidenly;
While every bloom
Sweet with perfume,
Is plundered by a dusty bee.

O smell and taste!
For now in haste
The sun is opening every flower.
See yonder rose
Its heart disclose;
June ripens in one perfect hour!

The Isles of the Sea

By Helen Forrest

MARION stretched round white arms lazily above her head, hit, unexpectedly, the back of her berth, and wrathfully examined her slim

hand for proof of the collision. Her aunt, trimly embonpoint in long coat and small hat fresh from ten times around the deck, infused an impression of elec-

tricity. "Positively"—said the girl—"I will not get up until it's too late for me to hear the people with their bouillon and biscuit. I'll be on deck then."

"Hear them," broke in her aunt, "you mean see them."

"No, I don't mean see them," this with a small moue of disgust. "It's the crackle of the biscuit and the swish of the bouillon that makes me sick; honestly, it's what's keeping me flat and I know too much to get in it."

"If only," her aunt broke, resignedly, "you would keep tramping the way I do, out in the fresh air—don't go to sleep again, anyway—it's half past ten," and the cheerful trumper of decks was off.

Half an hour later a hopeful sophomore from somewhere, Marion couldn't remember, though she conscientiously tried, mentally, to ticket him,—tucked in her rug carefully about her and unwillingly joined a trio who were clamoring for a fourth to play shuffle board,—leaving her a slim meditative chrysalis.

The deck rose and fell monotonously, there was a rush of passengers to the rail—"Oh, Miss Nelson," called someone, "do get up and see this whale!" A sailor rolled by, impassively. "Isn't that a whale?" demanded the enthusiast, and the man in blue answered, resignedly, "No, it ain't nothing."

She hadn't avoided the bouillon after all—it must have been late. She closed her eyes as it went by and decided to face what she had termed the swish and the crackle, going on cheerfully all about her. How could people eat and eat again! Above the human stoking, rose a man's voice, low toned but clear, plainly he was just behind her chair. "There's always a man in it, when a woman crosses the ocean; either she's running away from a man or she's running after one."

Marion sat upright,—if only she knew the man she would turn around and deny such an arrant and palpably masculine prevarication,—but her smooth cheek flushed, and her brown eyes dark-

ened at her second thought: why had she herself come on this stupid voyage! Not, surely, after a man, not truly away from one; but there was a man in all conscience, a man in the story, the man she was trying to forget.

She had never realized what slow work it is to forget, she had never, until this late surprising episode, been able to remember. There were days when the story of last summer lay wrapped away in a mantle of excuse which she, for her own comfort, was weaving around it; perhaps, in time, she might work over this grain of discomfort until, oyster fashion, it had become a pearl. For the hundredth time she told herself that she wasn't in love. Who would be, with a man who didn't care? It was only that her pride was touched and that she was waiting for a chance to show him how little it all meant to her.

He had made her summer; he wasn't like the other men; how brown and strong, how understanding he was, how she had learned to count on him!

They had walked ten miles over the mountain and had come back in the face of a wonderful sunset; that last day he sat at her feet and told her about his work, the work in the open—the actual outdoor work was the best part of his electrical engineering. She went off the next morning on that stupid two days' driving trip, and when she came back to the hotel he was gone; gone, and positively not a word for her. Whoever heard of such rudeness? Such a man wasn't worth remembering, and yet, being given to a painful honesty in her own thoughts, she knew it was because of him that she had felt the restlessness that had driven her to join her aunt in her trip to the Riviera.

The green sea before her eyes seemed changed to green meadows, the crowded deck to the piazza. Could she ever forget that horrid Smith child who danced up to her singing at the top of her voice, "Your fellow's gone, your fellow's gone!"

It was all stamped indelibly on her mind,—how she had buried herself in a pile of letters and, she blushed to remember, had let people believe, though she hadn't really said so, that one letter was from him. Such memories are poor companions. Marion shook herself free of rug and pillows, and went in search of her progressive relative, now far forward watching almost breathlessly the growing panorama of the Azores. With wind-swept skirts and her brown wavy hair wet with the salt spray, the girl watched, entranced, a stage setting, queer red-brown earth, a rugged coast, up-slanting green fields with a tracing of vineyards. The coloring seemed fairly overdone, but in its wild, weird freedom it surely was a fit setting for an Ibsen play. Now high brown towers, and a white monastery crowning a hill—land! land! Nearer, until the flat houses crowded the coast. Blue houses, pink,—colors like those of a kaleidoscope.

"Gad," broke in a man's voice, "that looks good to me. I believe I'll start in business there; no ocean travel for mine."

A hurried luncheon and a great calm, a lull that was almost startling; the mighty pulse of the engine had ceased to beat, and the great ship lay quietly at anchor while, outside, the native boats swarmed about her, manned by hairy, gaily dressed men who called derisively to one another in a strange tongue as they crowded for first place at the foot of the deftly lowered steps.

Marion followed her aunt to one of these curious boats, the captain himself pointing smilingly to the sign which announced that the boat would be under weigh at five o'clock. The girl felt thrilled and interested for the first time since she began this dreary voyage; the rowboat rose high on one wave and sank into a valley of the next, but no terror, and none of the deadly sickness that began to be greenly evident on some of the faces, disturbed her. She felt the

waves under her with the exhilaration that comes from a gallop on a good horse.

The town seemed emptied, the people drawn to the pier; the stopping of the great liner made it a holiday. The small boats drew up before the Custom House, dingy white and deserted, next to a fascinating balconied structure in blue and cream with steps leading apparently into the harbor.

The brown-skinned natives met them with smiles and bows, waved their hands from open windows as the travelers drove by in antiquated vehicles, two-wheeled wagons, and victorias of the sort that one sees in old prints.

"Bring on your mayor; I want to make a speech," shouted one exhilarated youth, standing erect in his carriage, and someone, with the first word of English they had heard, answered, "Fool man."

Marion and her aunt left their bumping victoria and poked into dismal shops where their fellow-travelers were hanging delightedly over piles of post cards, others snapping cameras at the unfamiliar sights everywhere, or stopping in the streets to load themselves down with fresh fruit offered by dark-skinned vendors at every corner.

A woman was washing clothes in a public fountain in the dusty square, and around a turn in the winding street appeared a donkey bearing a little woman in native costume, a long black cape reaching nearly to her feet, and opening over a yellow gown. On her head a tremendous black hood, boned to the size and shape of a basket. Walking in the road,—there were no sidewalks,—Marion started in pursuit of a boy whose donkey bore wicker panniers loaded with wonderful strawberries. She called to him to stop, then reflecting that her words naturally meant nothing to this Portuguese-speaking lad, hurried after him. She was sure he picked, from her hand, too many of the queer coins that the Purser had given her in exchange

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THE PINES.

How often when my faith declines,
And on my soul black doubts intrude,
Have I besought the needled pines
To grant me balm of solitude.

To them I bring my dearest grief,
Fatigue, and throbbing brain; but these
Have not availed to bar relief
And solace of the scented trees.

Outstretched beneath them on the ground,
With limbs relaxed and senses still,
Another being have I found,
A stronger heart, a purer will.

What the cool winds have whispered through
Their tuneful branches I have heard,
And clearer than the perfect blue
Of heaven hath been the spirit's word.

No longer now I make appeal
To logic or the vexing creed:
And that is all I ask or need.
The presence of the pines I feel,

Sweet is that boon the grove bequeathes .
Where bitter doubt and striving cease,
And my too restless spirit breathes
Unfathomable depths of peace.

—Leslie Pinckney Hill.

ABOUT SUBSCRIPTIONS

THE subscription price of this magazine is uniformly one and the same, one dollar a year, to each and every subscriber. We can not change this price or produce the magazine for less money, and besides, on account of the quality and character of its contents, the publication is well worth each year much more than it costs.

At the same time to those who will take the pains to send us new subscriptions we continue to give suitable and substantial rewards. For two *new* subscriptions we renew your subscription for one year. For six *new* subscriptions we give the popular chafing dish. For seven *new* subscriptions we give a beautiful casserole that costs considerable more to provide than the chafer.

We are glad to pay liberally those who will make the COOKING-SCHOOL MAGAZINE known and send us new subscriptions.

THE FIRELESS COOKER

FROM the communications received at this office many people seem to be interested in the possibilities of the fireless cooker, while not a few seem to fail to understand the place it is fitted to occupy in the kitchen laboratory.

All cooking is done by the application of heat in some form; without heat there is no cooking that we know anything about. Now, the fireless cooker is not a generator of heat. It neither generates heat nor does it provide a place where heat can be generated. On the other hand, it is simply a utensil or contrivance to conserve heat that has been produced elsewhere. The fireless cooker, then, is a box or receptacle with tight-closed walls, which are a non-conductor of heat. And on exactly the same principle that the cooker conserves heat, it conserves cold, also. That is, neither heat nor cold passes readily from within the non-conducting walls of the cooker outside, nor from the outside within the

same. The fireless cooker, then, is a well designed appliance to keep hot things hot and cold things cold.

The advantages of cooking certain articles by the long-continued, slow process is well known to good cooks; and right here comes in the usefulness of the casserole and fireless cooker. For instance, certain dishes, as meats, puddings, custards, etc., after being thoroughly heated by the coal or gas range, may be quickly transferred to the fireless cooker and inclosed air-tight. After ten or twelve hours these dishes will be found not only to have been transformed by the long, slow process of cooking in the pent-up heat into well-cooked and delicious viands, but also to be still hot. Hence the primary use of the fireless cooker is to provide a ready means for the application of the long, slow process of cooking; and, with it, this process can be carried on as well by night as by day. The individual housekeeper will soon learn how to adapt its uses to her own times and occasions and special needs.

THE WOMAN'S SHARE IN HOME-BUILDING

HUMAN nature is a puzzle, surely! —as exasperating sometimes as it is always fascinating and unsolvable.

My special grievance just now is the tendency among women to run to extremes. In home-management they are drudges or drones. In society they are unneighborly hermits or gossip gadabouts. In church affairs they do too much or nothing at all. In civic relations they are of the never-read-a-news-paper kind or suffragettes.

Heaven save us from any of these extremes!

And, ah me, the sad consequences of it all that we see about us!

I have two neighbors. One gets his own breakfast every morning and goes off to work before his wife is awake. She is of the drone species. The other neighbor wants seven kinds of vegetables on his dinner-table, and "thinks he has

no meal at all with less than five." Now, every woman who has done housework knows the labor involved in seven kinds of vegetables on the table, and will quickly vote his wife a drudge.

The mother who slaves for her children and the one who lets them bring themselves up live side by side in every village of America.

O, *don't* we wish the human family could be put into some sort of a hopper, shaken together, and turned out with all the funny corners rubbed off! Not with the bumps of individuality gone—for that would make humanity as monotonous and uninteresting as a flock of sheep—but with the lop-sidedness straightened and the sharp prongs of our craziness broken off! We so sorely need the leveling of applied common sense in our daily living.

But as the need is individual, so the reformation becomes a personal matter. Each of us must settle for herself the "What-is-worth-while" question, while she asks of her conscience, "What is my tangent?" "Am I leaving the real and best to chase a will o' the wisp?" "Am I following my fancies rather than my judgment?" "Am I robbing Peter to pay Paul?"

Suppose we narrow our thinking to the one line of home-making.

First of all, a woman on whom devolves the management of a home needs to place a proper estimate—a *true* valuation on it and on herself. If she neither overestimates nor undervalues either, then undoubtedly there will be no "tangent," and she will be neither a drudge nor a drone.

As she works and sings she will also be thanking God that *her* part in the home-building is on the inside of the four walls, while her husband's part is on the weather-swept outside.

Yet she works at the fountain-head of all life; for from the home stream influences limited in scope only with the earth's circumference, and limited in time only with the existence of the souls

of men.

We know that each home, whether of high or low estate, should be healthful, comfortable, happy, inspirational and righteous, and these great fundamental things lie in the house-mother's slender hands.

Whether she performs the actual labor necessary to the health and comfort within those four walls depends upon the family income; but she *must* see to it that both are there to the best of her ability. And be the home rich or poor, it may be healthful and comfortable under ordinary conditions.

The happiness, inspiration and righteousness likewise depend almost solely upon her, for the husband, away most of the time, must play but a minor part in this. According to her capability in management, her ambition for better things, her amiability of disposition, and the principles that actuate her personal life, will be the home she evolves from wood and brick and mortar.

His duty toward her is summed up in his marriage vow, put to work: "To love, cherish and support as God gives ability." No more, no less.

As working partners (neither "silent"), they are joined in building a home, material and immaterial, she working on the inside, he on the outside, each bearing the part cheerfully, industriously, neither shirking nor complaining, each quietly sacrificing for the other, and both happy in the common good.

Outside duties are her creation; inside duties are his. Each should have a certain amount.

While home-making will ever mean a sacrifice of personal ease, it is not a sacrifice of personal good or happiness, for both will be found in it when sanely sought. Each has a right to expect unselfishness, moral support, sympathy, co-operation and love from the other, while the two voices blend in the song all humanity loves: "Home, Sweet Home."

L. M. C.

A SWEET VOICE.

Very few women realize what an effect a sweet voice has on a man. A woman may be very pretty to look upon, may be faultlessly dressed and attractive in every way, and yet too often directly she opens her mouth and speaks the spell is broken and the charm is gone. And all this need never be so.

Very few voices are so naturally bad that they will not succumb to training, and the voice can be trained to be just as sweet and gentle as we please to make it.

A woman should speak in a low voice. She should never allow her voice to raise itself to a high pitch. Men do not like a shrill-voiced woman.

She should not shout her orders to the servants. This shouting and raising of the voice spoils the tone and quality and tends to make it harsh.

A pretty voice is a powerful attraction in a woman, and she who would add to her charm a wondrous fascination should cultivate a voice "ever soft, gentle and low."

"The mintage of wisdom is to know that rest is rust, and that real life is in love, laughter and work."

WHAT SAY YOU?

Some say that we should "Eat to live,"

And some say "Live to eat,"

But look at it whichever way,

'Tis true, to live, we eat.

Now those who "Live to eat" will say,

To eat is not a fad,

But one of life's rare specialties,

To make them gay and glad.

While those who "Eat to live" contend,

To make the noblest race,

Pure food, by science well combined,

Will set a moral pace.

Food, simple, tasty, wholesome, too,

Cooked well, will nourish man;

And help produce the brawn and brain,

Always God's cherished plan.

By Caroline L. Sumner.



POP OVERS, WITH SUGARED STRAWBERRIES

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful.

Fillets of Halibut with Asparagus Tips

FOR eight fillets purchase two slices of halibut, cut, half an inch thick, from below the body opening of a small fish. Remove skin and bones and use these with two or three slices, each, of onion and carrot, two stalks of parsley and a few leaves of sweet basil (dried) in making stock. Season the fillets with salt and pepper; after squeezing over them a few drops of lemon juice, fold in the middle over a piece of uncooked potato, half an inch thick and as long as the fillets are wide, well-buttered, that it may be removed easily; pour over the fillets, disposed in an agate baking dish, a little of the fish stock and let cook about fifteen minutes, basting with the stock three times. Chop fine two ounces of fresh mushrooms and cook in one or

two tablespoonfuls of butter about five minutes; add one-fourth a cup of cream and one-half a cup of fresh cooked-and-drained asparagus heads. Set the fillets of fish on a serving dish, first removing the pieces of potato; add the liquid in the pan to the mushrooms, cream, etc., and let boil once, then pour over the fish and serve. Serve at the same time rolls or potatoes in some fancy style.

Glazed Sweetbreads, with Canned Mushrooms

Soak and clean the sweetbreads and lard them on the best sides. Lay the trimmings of pork in a terrine; add a tablespoonful of chopped onion, two tablespoonfuls of chopped carrot, two parsley branches and a stalk of celery cut in bits; lay the sweetbreads on the vegetables, larded side upwards; add about a cup of hot broth, cover the dish and let cook in the oven about forty-

five minutes. Set the sweetbreads on a shallow dish, baste the sweetbreads with melted glaze or with butter, and let stand in the oven to become nicely but delicately browned. Repeat the basting every five minutes. In the meantime strain off the liquid from the terrine, pressing out all that is possible from the vegetables, and use this with cream as the liquid in making sauce. For a pair of sweetbreads make a cup of sauce and add a dozen and a half of canned mushrooms. Set the sweetbreads in the centre of a dish and pour the sauce and mushrooms around them. This dish may be prepared in a casserole; in this case simply add hot cream with the

needed. Pound the pulp smooth; add one of the unbeaten whites of eggs and pound smooth; add the other white and pound again; add the cold sauce, and again pound smooth, then press through a sieve. A gravy strainer (not wire) set firmly into a part of a double boiler and a wooden pentle answer for this purpose, but with the "Economy colander" the work can be done more quickly and easily. Fold in the whites of eggs and the cream, prepared as above, and use to fill quenelle molds, carefully buttered and sprinkled with chopped pistachio nuts or truffles. Set the molds on several folds of clean cloth, surround with boiling water, and let cook in the



LADY CABBAGE

mushrooms to the vegetables and sweetbreads, season as needed and serve from the casserole.

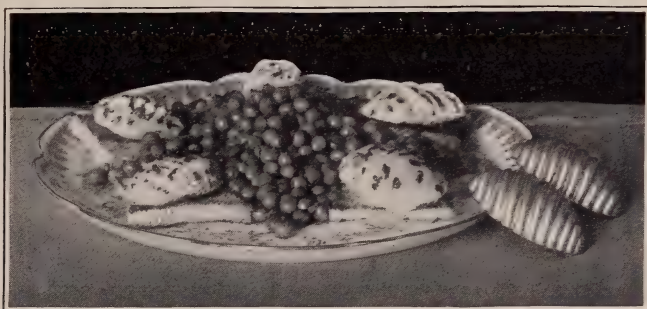
Veal Quenelles, with Green Peas

The ingredients are: eight ounces (one cup) of veal pulp, one-fourth a cup of cold, white or Bechamel sauce, two unbeaten whites of eggs, half a teaspoonful, each, of salt and paprika, the beaten whites of two eggs and one cup of cream, beaten firm. To secure the pulp purchase slices of veal cut from the leg. Cut off small pieces of the meat and scrape with a sharp knife in the direction the fibres run; the pulp thus removed from the fibres is what is

oven until firm. With the veal trimmings, two slices of onion, a few bits of carrot, a branch of parsley and half a teaspoonful of celery seeds, with cold water to cover, make a broth. Use one cup of this and half a cup of cream as the liquid for a sauce to be served with the quenelles. Set the quenelles on buttered slices of toast around a mound of hot green peas, seasoned with salt, pepper and butter. Serve the sauce in a bowl. The quenelles may be made in advance and reheated in a dish of hot water at time of serving. Buttered tablespoons may be used in place of quenelle molds.

Lady Cabbage

Cut a cabbage in quarters and remove the hard centre; let boil fifteen minutes, til firm. For a pint of quenelles make a scant pint of sauce, using full pro-



VEAL QUENELLES, WITH GREEN PEAS . . QUENELLE MOLDS

drain and add fresh boiling water and let cook until tender; drain and set aside until cold. Chop the cabbage. To three cups of the cabbage add half a teaspoonful of pepper, one teaspoonful of salt, one tablespoonful of melted butter, two or three well-beaten eggs and three-fourths a cup of rich milk. Mix all together thoroughly and turn into a buttered baking dish. Let cook surrounded with boiling water until firm. Serve from the baking dish.

Vol-au-Vent of Salmon Quenelles

Prepare a salmon forcemeat with one cup of salmon pulp, unbeaten white of egg, one cup of unbeaten, but thick, fresh cream and half a

portions of butter and flour, but scant the liquid. Use fish stock and cream as the liquid. Cut the vol-au-vent from puff or flaky pastry, making it about the size of three or four patties. Half a pound, each, of flour and butter will be needed to make the paste. Bake about forty minutes. When ready to serve reheat the pastry and fill with the quenelles in the hot sauce.

Eggs, with Cheese Sauce and Asparagus

Cover four eggs with boiling water and let stand, covered, twenty-five minutes without allowing the water to boil. Drain off the hot water and let the eggs stand in cold water to become chilled,



ASPARAGUS, WITH EGGS AND CHEESE SAUCE

teaspoonful, each, of salt and paprika. Butter teaspoons thoroughly, fill with the forcemeat and let poach in a saucepan of hot fish stock, water or milk un-

then cut in quarters lengthwise. Have ready eight rounds of hot, buttered toast; set two pieces of egg on each piece of toast and dispose them in a circle or oval

on a hot plate. Set a bunch of hot, boiled asparagus tips in the centre of the dish and pour part of a cup of hot cheese sauce over the eggs. Serve the rest of the cup of sauce separately.

Cheese Sauce for Eggs and Asparagus

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper, then add one cup of milk and stir until boiling. Finish with half a cup or more of grated cheese. When the cheese is melted the sauce is ready.

the ingredients into a bowl, using at first two cups of white flour, then mix with a knife, adding such extra flour as is needed. When light shape into a double loaf and when again light bake one hour.

Date Bread, Cream Cheese-and-Lettuce Sandwiches

Cut the bread in thin slices and shape as desired; spread one bit of bread with butter, another bit with cream cheese, set a heart leaf of lettuce between and press together. Chopped nuts may be stirred into the cheese.



DATE BREAD

Date Bread

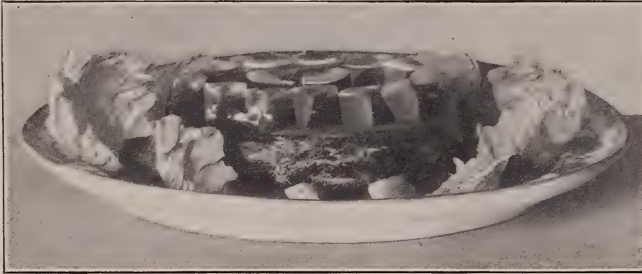
The ingredients for one loaf are: one cup of scalded-and-cooled milk, half a cake of compressed yeast (at night) stirred through one-fourth a cup of scalded-and-cooled milk, half a teaspoonful of salt, one-fourth a cup of molasses or sugar, one cup of cleaned dates, chopped rather coarse, two cups of entire wheat flour, and white flour to make a dough that may be kneaded. Put all

Mold of Vegetable Macedoine, with Spinach

Ingredients: one cup of liquid aspic jelly, two hard-cooked eggs, two cups of spinach purée, half a cup of Bechamel sauce, one tablespoonful of granulated gelatine, one-fourth a cup of broth, half a teaspoonful of salt, half a teaspoonful of paprika, one teaspoonful of lemon juice, half a cup of macedoine of vegetables. Let part of the aspic chill in the

bottom of a mold, (less than one-fourth an inch in thickness) ; on this set the eggs cut in such shape as desired. Figures cut from truffles and cooked carrots or

use to cover inverted oval and diamond-shaped brownie tins. Prick the paste all over with a steel fork, that it may puff evenly in baking. Set the tins on a



MOLD OF VEGETABLE MACEDOINE, WITH SPINACH

cooked asparagus points may also be used to decorate the mold. Soften the gelatine in the broth and dissolve in the sauce (made hot if it be cold) ; add the other ingredients and use to fill the mold. When cold serve with French dressing, either with or without lettuce.

Tartlets, with Peas and Slices of Egg

For the paste use remnants of puff or plain paste. When using the latter paste, roll it into a rectangular strip; press bits of soft butter on one-half of it; turn the other half of the paste over the but-

baking sheet into a hot oven. When baked brush the edges of each tartlet (removed from the tin) with white of egg, then dip the edge in fine-chopped parsley. Fill with hot, cooked green peas, seasoned with salt, black pepper and butter. Set a slice of cooked egg above the peas in each tartlet and above the slice of egg set a figure stamped from a slice of truffle or one-fourth a teaspoonful of chopped truffle trimmings. Serve after or with fish or chicken or other meat.

Fritor of Chicken



TARTLETS, WITH STRING BEANS AND SLICES OF EGG

ter; on half of this surface, press bits of butter and fold as before. Turn the paste to roll in the opposite direction from first rolling, pat and roll into a sheet rather less than one-fourth an inch thick, press bits of butter on one-half, fold and continue as before. Then roll into a sheet one-fourth an inch thick and

Separate a cold, poached or boiled fowl at the joints, into pieces for serving, discarding skin and large bones. Make a French dressing with six tablespoonfuls of oil, three tablespoonfuls of vinegar, half a teaspoonful, each, of salt and pepper, a teaspoonful of onion juice and one tablespoonful of fine-chopped pars-

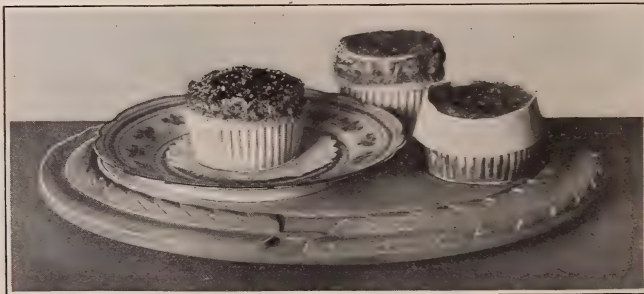
ley. Turn the pieces of chicken in the dressing until it is absorbed. Let stand half an hour or longer to become sea-



SANDWICHES, WITH BASKETRY PLATES

soned with the dressing, then dip the pieces of chicken in fritter batter such as is used for timbale cases and let cook in deep fat until nicely colored. Serve with tomato sauce. Fillets of cooked chicken breast or tender slices of cold, roast veal may be cooked in the same manner. Tender corned beef, freed of fat, is also good cooked in this way.

a package of gelatine, one-fourth a cup of cold water, one cup of cream, beaten firm, and one or two tablespoonfuls of blanched pistachio nuts, chopped fine. About half a cup of cooked asparagus tips (nearly half an inch in length) may also be used. The asparagus purée should be quite consistent. Soften the gelatine in the cold water and dissolve by setting the dish in boiling water; add to the purée with the seasonings, stir over ice-water until beginning to set, then fold in the cream, and the asparagus tips if at hand. Have ready paper or china cases with paper bands pinned around them to increase the height. Fill the cases to the top of the bands with the mixture, making it perfectly smooth on top. Set aside to become thoroughly chilled. When ready to serve remove the paper bands (the mixture will thus stand above the case simulating a soufflé) and sprinkle the top with the chopped nuts. A teaspoonful of mayonnaise dressing may be set above the soufflé in each case or the dressing may be omitted. Spinach, peas or string beans may be used in place of the asparagus. With string beans add a teaspoonful of onion juice.



INDIVIDUAL ASPARAGUS SOUFFLES

Individual Asparagus Soufflés (Cold)

The ingredients are: one cup of asparagus purée, half a teaspoonful of salt, half a teaspoonful of pepper, one-fourth

Mexican Tomato Salad

Rub a salad bowl with a clove of garlic in halves. Line the bowl with the heart leaves of a crisp head of lettuce, carefully washed and dried. Peel and

slice four ripe tomatoes and dispose these above the lettuce. Remove the seeds and stem from a green pepper, chop fine and sprinkle over the slices of tomato. Remove the stones from a dozen olives and cut the flesh in thin slices; sprinkle these over the tomatoes. Mix half a teaspoonful of salt with two tablespoonfuls of lemon juice, then gradually beat in five tablespoonfuls of olive oil and turn over the salad. Serve at once. If green peppers are not available, remove the seeds from two chilli peppers (Crosse and Blackwell put up such peppers at twenty-five cents a bottle and the peppers will keep until used), chop them very fine and mix them through the dressing before pouring it over the vegetables.

down and use in filling muffin pans to rather more than half their height; when the batter fills the pans, bake in a hot oven about twenty minutes. Brush over the top of the rolls with a teaspoonful of cornstarch, smoothed in cold water and heated to boiling in a half cup of boiling water, return to the oven to dry off. If there be time, the rolls will be improved, if the batter be cut down and allowed to rise once or twice before it is put into the pans.

Strawberries in Swedish Timbale Cases

Dip the edge of the cases in white of egg, beaten slightly and strained, and then in fine-chopped pistachio nuts. Sift a rounding teaspoonful of powdered su-



STRAWBERRIES IN SWEDISH TIMBALE CASES

Soufflé Rolls for Luncheon

The ingredients are: one cup of scalded-and-cooled milk, two tablespoonfuls of butter, half a cake of compressed yeast mixed with one-fourth a cup of scalded-and-cooled milk, one egg beaten light, half a teaspoonful of salt, a level tablespoonful of sugar, one cup and seven-eighths (nearly two cups) of sifted flour. Melt the butter in the milk; add the sugar and salt and when lukewarm the yeast, mixed as above, the egg and flour. Beat about ten minutes. The mixture should be rather thicker than a drop batter, but not as stiff as a dough. Cover and set aside to become light. Cut

gar on a small plate; with a spoon push the sugar from the centre of the plate and in the centre set one of the prepared cases. Fill the case with choice, unhulled strawberries. If necessary wash the berries and dry them with a soft cloth. If they are picked fresh from the garden and have ripened on straw, simply brush with a soft dry cloth. These are to be taken up in the fingers, dipped in the sugar and eaten from the hand. The case is not intended to be eaten.

Strawberries in Swedish Timbale Cases No. 2

Prepare the cases as above; fill them with hulled strawberries, cut in halves

and mixed with sugar to taste. Set a spoonful of whipped cream above the berries in each case, and finish with a sprinkling of chopped pistachio nuts.



LACE COVER FOR CAKE ON BUFFET

This is intended for a dessert dish and the case is to be eaten with the berries. A fork is the proper article for eating this dessert.

Swedish Timbale Cases

Beat the yolks of two eggs; add half a cup of milk and beat in a scant three-fourths a cup of sifted pastry flour, sifted again with one-fourth a teaspoonful of salt. One whole egg may replace

iron in the fat as soon as fat is melted and let the two heat together. Drain the iron and dip it into the batter to a little more than half its height, dip the iron at once into the fat covering the whole form; this prevents the batter from spreading away from the iron form at the top. Avoid dipping the iron twice into the batter (for one case) as it makes the case too thick. The cases are done when crisp and delicately colored.

Pop Overs, with Sugared Strawberries

The ingredients for one dozen large pop overs are: two eggs, two cups of milk, half a teaspoonful of salt and two cups of sifted flour. For filling two baskets of berries and one cup or more of sugar will be required. Beat the eggs until light; add the milk, then continue beating with the egg beater and gradually add the flour and salt. Put half a teaspoonful of butter into each cup or section of a hot muffin pan, pour in the batter and bake three-quarters to a full hour. Meanwhile hull, wash and drain the berries, cut each in halves lengthwise, and mix with sugar. When the



WHITE FRUIT CAKE

the two yolks, but the yolks are preferable. The cases when finished should be very thin. If thick and soft add more milk. To fry the cases, have fat deep enough to cover the iron form. Let the iron heat with the fat; that is, put the

pop overs are baked open them on one side and fill with the prepared berries. Serve with a pitcher of cream. The inside of the pop overs may be spread with butter before being filled with the berries.

Soft Gingerbread (S. J. E.)

The ingredients are: one cup of butter, one cup of granulated sugar, one cup of molasses, half a cup of butter-milk or thick, sour milk, four eggs (whites and yolks, beaten separately), three cups and one-third of pastry flour, one tablespoonful of ground ginger, one level teaspoonful of soda. Mix in the same manner as a cake. Bake in a large shallow pan or in two bread pans.

White Fruit Cake

Ingredients: Six ounces (three-fourths of a cup) of butter, eight ounces (one cup) of sugar, eight ounces (two cups) of flour, one slightly rounding teaspoonful of baking powder, six whites of eggs, one pound of blanched almonds, sliced thin, half a pound of light-colored sultana raisins, half a pound of crystallized pineapple, cut in bits, half a pound of citron, sliced thin, and half a cup of grated cocoanut. Mix in the order given. Bake in a loaf about an hour and a quarter or in two brick-loaf bread pans about forty-five minutes. Cover with almond paste mixed with egg yolks and powdered sugar and when ready to use with confectioner's or boiled frosting. From four to six ounces of paste, two to three yolks of eggs and confectioner's sugar to knead the two into a pliable paste that may be smoothed out with a rolling pin are required for the first covering.

Stuffed Breast of Veal, Pöeled

Have the bones removed from a breast of veal. A piece of veal weighing about four pounds is enough for an ordinary-sized family. Slit the veal in the thickest part to make a pocket. A plain bread stuffing or one made of sausage meat may be used. Spread the stuffing in the pocket evenly, roll and sew up the meat, but remove the thread before sending the dish to the table. Slice an onion and part of a carrot into an earthen dish; put in two branches of parsley and some bits of salt pork, lay in the meat, sprinkle

over it some more onion, carrot and pork, cover and let cook very gently for three hours, basting often with hot fat. The heat of the oven should be uniform throughout the whole time, but very moderate. When cooked remove the cover and baste the meat with the liquid in the dish or with hot fat every five minutes until well glazed. Remove the veal to a serving dish and strain off the liquid, pressing out all that is possible from the vegetables. Use this with other liquid—tomato purée is good—in making a sauce to serve with the meat. Remove all fat from the sauce. Skewers put in with the vegetables will keep the meat from frying in the fat. Tape tied around the meat—in place of sewing—will hold it in shape. Slow cooking is essential to success.

Bread Stuffing

Mix two cups of fine, soft bread crumbs, a cup of fine-chopped fat, salt pork or beef suet or three-fourths a cup of melted butter or mild-cured bacon fat, half a teaspoonful, each, of salt and pepper, one tablespoonful of chopped parsley, the grated rind of half a lemon, one teaspoonful of powdered sweet herbs and a grating of nutmeg.

Sausage Stuffing

For this stuffing one pound of sausage or one pound of fresh pork, part lean and part fat, chopped very fine, may be used; the latter will need more seasoning than the former, which is often over seasoned. A few chopped mushrooms (stems and peelings, fresh or dried, answer for this purpose) are an improvement; add, also, a tablespoonful of chopped parsley, a tablespoonful of scraped onion pulp or a tablespoonful of chopped chives, one egg well beaten and salt and pepper as needed.

Note: The basketry plates for sandwiches and the lace cover for cake are shown by the courtesy of the Women's Educational and Industrial Union

Menus for a Week in June

"A generous supply of vegetables and fruits are of the greatest importance for the normal development of the body and of all its functions."—Van Noorden.

SUNDAY	Breakfast Cereal, Thin Cream Salt Codfish Balls, Sauce Tartare Baking Powder Biscuit, Strawberries	Breakfast Cereal, Thin Cream Eggs Cooked in Shell Dry Toast Kornlet Griddle Cakes Coffee Cocoa	WEDNESDAY
	Dinner Breast of Veal, Braised en Casserole Spinach New Potatoes Strawberry Ice Cream Sponge Cake Half Cups of Coffee	Luncheon Deviled Crabs Lettuce-and-Tomato Jelly Salad Bread and Butter Strawberries Pineapple Juice	
	Supper Date Bread and Cream Cheese Sandwiches Pineapple Marmalade Chocolate Éclairs Tea	Dinner Baked Fresh Mackerel Mashed Potatoes New String Beans Lettuce, Chopped Chives, Fr. Dressing Frozen Apricots Almond Macaroons Half Cups of Coffee	
MONDAY	Breakfast Cereal Stewed Prunes Hashed Veal on Toast Graham Muffins Coffee Cocoa	Breakfast Cream Toast Eggs Cooked in Shell Stewed Peaches (dried) Doughnuts Coffee Cocoa	THURSDAY
	Luncheon Macaroni with Tomatoes and Cheese Lettuce, French Dressing Rhubarb Baked with Sultana Raisins Tea	Luncheon Cream of Asparagus Soup Parker House Rolls Prune Whip, Boiled Custard Tea	
	Dinner Tomato-and-Veal Soup, Whipped Cream (Bones from breast, etc.) Cold Boiled Ham, Sliced Thin Scalloped Potatoes Spinach Strawberries, Half Cups of Coffee	Dinner Broiled Beefsteak French Fried Potatoes Asparagus on Toast Pop Overs with Sugared Strawberries Tea	
TUESDAY	Breakfast Broiled Bacon Fried Eggs Fried Bananas Potatoes Hashed in Milk Dry Toast Cocoa Coffee	Breakfast Asparagus Omelet Spider Corn Cake Dry Toast Coffee Cocoa	FRIDAY
	Luncheon Asparagus on Toast Baked Indian Pudding, Vanilla Ice Cream	Luncheon Lima Beans Stewed Strawberry Short Cake Tea	
	Dinner Ham Soufflé Creamed Potatoes Lettuce, Green Mustard, French Dressing Cookies Oatmeal Macaroons Strawberries Half Cups of Coffee	Dinner Bluefish Stuffed and Baked, Hollandaise Sauce Cucumber-and-Chive Salad Scalloped Potatoes Sliced Pineapple Half Cups of Coffee	
SATURDAY	Breakfast Fish Cakes, Sautéd (Mashed Potato and bits of Bluefish) Radishes Gherkins Hot Baking Powder Biscuit Dry Toast Coffee	Luncheon Boiled Bermuda Onions, Creamed Baking Powder Biscuit, Toasted Baked Indian Pudding, Vanilla Ice Cream Tea	Dinner Breast of Veal Stuffed and Braised en Casserole Mashed Potatoes Spinach Strawberries Cream Cheese Toasted Crackers Half Cups of Coffee

Economic Menus for a Week in July

"The presence of a large amount of cellulose in food enables us often to satisfy the appetite without injury from overeating."—W. S. Saddler, M.D.

SUNDAY

Breakfast
 Broiled Liver and Bacon
 Creamed Potatoes
 Glazed Currant Buns
 Berries
 Coffee Cocoa
Dinner
 Rolled Chops en Casserole
 Beet Greens
 Raspberry Ice Cream
 Sponge Jelly Roll
 Half Cups of Coffee
Supper
 Cold Beet Greens
 Bread and Butter
 Berries Tea

MONDAY

Breakfast
 Salt Codfish, Creamed
 Small New Potatoes, Baked
 Graham Muffins
 Coffee Cocoa
Dinner
 Hamburg Steak
 New Potatoes Green Peas
 Lettuce-and-Pepper Grass
 Cream of Rice Pudding
 Half Cups of Coffee
Supper
 Lamb-and-Potato Hash, Horseradish
 Stewed Apricots (dried)
 Whole Wheat Bread and Butter
 Iced Tea

TUESDAY

Breakfast
 Hot Cereal, Sliced Bananas, Thin Cream
 French Omelet with Bacon
 Whole Wheat Biscuit
 Coffee Cocoa
Dinner
 Fillets of Fish, Bread Dressing, Baked
 Drawn Butter Sauce
 Old Potatoes, Mashed
 Lettuce-and-Mustard Leaves,
 French Dressing
 Bread Pudding with Meringue
 Half Cups of Coffee
Supper
 Blueberries Bread Milk
 Cookies
 Tea

SATURDAY

Breakfast
 Dried Beef, Frizzled
 Potatoes Hashed in Milk
 Plain Griddle Cakes
 Coffee Cocoa
Dinner
 Breast of Veal, Boned, Stuffed
 Braised en Casserole
 Green Peas or String Beans
 Lettuce with Chives
 Gooseberry Pie
 Half Cups of Coffee

WEDNESDAY

Breakfast
 Fish-and-Potato Hash
 Corn Meal Muffins
 Doughnuts
 Coffee Cocoa
Dinner
 Beet Greens
 Broiled Bacon Baked Potatoes
 Raspberry Shortcake
 Half Cups of Coffee
Supper
 Cold Beet Greens, French Dressing
 Scrambled Eggs
 Bread and Butter
 Cookies Tea

THURSDAY

Breakfast
 Poached Eggs on Toast
 Radishes Wild Raspberries
 Yeast Rolls (reheated)
 Coffee Cocoa
Dinner
 Boiled Breast of Lamb, Caper Sauce
 Boiled Potatoes
 Boiled Turnips, New Beets, Buttered
 Hot Gingerbread Cream Cheese
 Half Cups of Coffee
Supper
 Kornlet Chowder
 Pickled Beets
 Bread and Butter
 Gingerbread Tea

FRIDAY

Breakfast
 Smoked Halibut, Creamed
 White Hashed Potatoes Cold Bread
 Blueberry Muffins
 Coffee Cocoa
Dinner
 Boiled Salmon Potatoes
 Green Peas
 Cucumbers, French Dressing
 Blueberry Pie
 Half Cups of Coffee
Supper
 Hot Cheese Sandwiches
 Rhubarb Marmalade
 Buttermilk

Supper
 Boston Baked Beans
 Graham Bread
 Tomato Catsup
 Jelly Roll (New Currant Jelly)
 Tea

Menus for Weddings and School Spreads in June

Wedding Breakfast

(Guests seated)

I

Unhulled Strawberries in Swedish Timbale
Cases

Lobster Newburg in Cassolettes
(china dishes)

Veal Quenelles Egged, Crumbed and Fried
Peas

Parker House Rolls

Lettuce-and-Asparagus Salad
Vanilla Ice Cream with Crushed
Strawberries

II

Salpicon of Fruit in Glass Cups
(Pineapple, white cherries, strawberries)

Lobster Cutlets, Sauce Tartare

Cucumbers, French Dressing

Chickens en Casserole

Asparagus, Maltese Sauce

Ice Cream Croquettes

(Coated with macaroon crumbs)

Wedding Reception

I

Lobster Salad

Chicken, Sweetbread-and-Cucumber (fresh)
Salad

Salad Rolls (buttered)

Lettuce Sandwiches

Pineapple Sherbet

Strawberry Bombe Glacé

Angel Cake Sponge Cake Macaroons

Iced Tea with Pineapple Juice

II

Jellied Chicken Broth in Cups

Cold Mousse of Chicken (Sliced) Lettuce,
French Dressing

Bread and Butter Sandwiches

Strawberry Ice Cream

White Fruit Cake Sunshine Cake

Lemonade with Grape Juice
in Punch Bowl

III

Pineapple Sherbet

Pistachio Ice Cream, Strawberry Sauce

Lady Fingers Meringues

Tiny Cream Cakes Macaroons

Fruit Punch

School Spread

I

Lemon Sherbet above Macedoine of Fruit
in Glass Cups

Assorted Cake

Fruit Punch

II

Pineapple Sherbet

Banana Ice Cream

Macaroon Drops

Sponge Jelly Roll Angel Cakelets

Fruit Punch

III

Canned Apricot Sherbet

Assorted Cake

Fruit Punch

Peppermints Candied Orange Peel

IV

Vanilla Ice Cream, Crushed Strawberries

Assorted Cake

Divinity Candy Orange Turkish Paste

Menu Served to Col. Roosevelt and Party

By Class in Domestic Science, University of Idaho

(76 guests seated at table)

Fruit Cocktail
(Bananas, oranges, grapefruit and fresh strawberries)
Fried Spring Chicken Stuffed Potatoes
Molded Cranberries Parkerhouse Rolls
Coffee
Waffles, Maple Syrup Doughnuts

Menu of Old Time New England Supper

200 guests

Served to Members and Friends of The New England Woman's Press Association

Cold Boiled Ham Cold Boiled Corned Beef
Potato Salad Cabbage Salad
Hot Baked Beans
Boston Brown Bread White Bread Yeast Rolls
Pumpkin Pie Apple Pie
Hot Baked Indian Pudding
Whipped Cream
Doughnuts
Cake
Crackers Cheese
Coffee Buttermilk

Luncheon for One Hundred

The luncheon at which the following menu was served was prepared by the ladies of a church society as a means of raising money to carry on the work of the society. Six tables were laid. Each table was in the care of two young housekeepers, who, when all was ready, acted as waitresses for their respective tables. These young women sold the tickets and invited guests to preside over the chafing dishes at the ends of each table. When the luncheon was announced the creamed corned beef was in the chafing dishes ready for serving. The salad was upon the tables on individual plates. The potatoes, peas, rolls, biscuits and coffee were brought in hot from the kitchen. The items used with cost was as follows:

Creamed Corned Beef:		.06; 9 eggs, .18; 6 oz. butter, .12;	
Beef, 22½ lbs.	\$2.93	2½ qts. milk, .1882
Sauce: Milk, 10 qts.70	Twenty Dozen Baking Powder Biscuits:	
Butter and flour30	6 qts. flour, .24; ¾ lb. baking powder,	
1 bunch celery, 4 onions22	.16; 10 oz. butter, .20; 3½ qts.	
Mashed Potatoe, 110 p. 2 pks., .40; but-		milk, .2585
ter, .15; milk55	3 lbs. coffee, \$1.00; 3 qts. milk, .21; 3	
Peas, 6 cans78	jars cream, .45	1.66
Salad: 1 doz. lettuce	1.10	5 lbs. sugar28
6 lbs. tomatoes60	Apricot Sherbet:	
3 qts. dressing: ½ doz. eggs, .37; ¾		6 cans apricots, \$1.68; 6 qts. water; 6	
lb. butter, .24; 1½ pts. cream, .45	2.00	pts. sugar, .33; ice and salt, con-	
8 doz. eggs	2.00	tributed	2.01
Nine Dozen Rye Gems:		10 cakes, contributed	
2 qts. flour, .08; 2 qts. rye, .08; ¼ lb.		Total	\$15.86
baking powder, .12; 2 cups sugar,			



Concerning Our Seasonable Recipes

By Janet M. Hill

Pertaining to Soups

SOUPS are not relished as well in hot as in cold weather, hence no recipes for soup appear among the seasonable recipes for this month. But when materials for broth or stock are at hand, stock should certainly be made, for it is invaluable in making sauces in which macaroni, rice or bits of meat may be reheated. By scalding every other day, each day in extremely hot weather, the stock may be kept until a cool day comes, then the more fitting weather and the absence of the dish for several meals will insure its welcome.

In the menus for weddings jellied chicken broth is given. If this broth be carefully made, and when cooled be carefully taken from the coagulated juices in the bottom of the dish in which it has been cooled, it will not need to be clarified. Chicken, cooked in water just to cover the pieces, should give a jelly that needs no reinforcement with gelatine. The jelly is best when it is not quite solid; it should not be firm enough to hold its shape when unmolded. Jellied broths, served alone, are sent to the table in cups.

Pöeling

The dish of meat to which special attention is called in this issue of the magazine is Boned Breast of Veal, Stuffed and Cooked in a Casserole. This

dish is not the usual, choice stew that we are wont to think of in connection with a casserole, but an entirely different article. No liquid, as water or broth, is used in the style of cooking under consideration, but the meat is treated much like a roast, being uncovered and basted with hot fat quite frequently. Lest the meat fry in the fat with which it is basted it should be lifted a little from the bottom of the dish; three or four skewers laid in the bottom of the dish will serve the purpose. Usually a bed of sliced vegetables receives the article to be cooked; this article may be poultry or birds nicely trussed, or boned and rolled meats. Sliced vegetables are sprinkled above the article, hot fat is poured over, the cover is set in place and the dish is set in a moderate oven—to remain until the article is tender. The cover should be lifted and the article basted with hot fat three or four times each hour. If the meat when tender be not sufficiently browned, remove the cover that the proper shade of color be acquired, then remove the article from the casserole, cover and keep hot until ready to serve. To the vegetables and fat in the casserole add about a cup of brown, veal stock (part madeira is often used) and let simmer ten minutes, to absorb the flavor of the vegetables; remove the fat, strain off the liquid and use as a sauce for the meat.

This is not a new method of cooking, but a much simplified process of an old-

time style of cookery. It is in reality a combination of roasting, braising and stewing, and to it Escoffier gives the name *pöeling*. For the best results there must be no waste space in the dish; the earthen dish must be well filled by the article to be cooked. For roasting only choice cuts of tender meat or young poultry can be used, when *pöeling* is employed, either choice cuts or young poultry, or cheap cuts and fowl will give equally good results.

Preparations with Force meat

Two recipes for quenelles are given in this number; these are made of force meat (English) or *farce* (French). Force meat is a mixture of scraped-and-pounded meat, panada (bread cooked in broth or milk to a smooth paste), fat and eggs, pressed through a sieve, shaped or molded and cooked delicately.

There are many grades of force meat; those given in the recipes this month are among the most delicate of these preparations. The work involved in reducing the meat to a pulp and forcing it through a sieve relegates these dishes to the class designed for occasional rather than frequent use. Still the delicate texture of the finished product is such a satisfactory ending to the effort put forth that one is tempted to make them whenever a really choice dish is desired. The "improved economy colander," shown in our advertising pages, simplifies the work of sifting and is thus a welcome addition to kitchen utensils.

Force meat may be made of any variety of meat, fowl or game, of shell fish, of halibut or salmon. It may be shaped in large or small molds, in large or small spoons, or with pastry bag and tube upon a buttered paper. It may be poached in the oven in the same manner as a custard, or in a dish of water on the top of the stove. Quenelles are shaped in small molds the size of a tablespoon or in table, tea or after dinner coffee spoons. Small quenelles are often served as a garnish for soup.

Fruit and Vegetables in the Dietary

It is well known that for good nutrition the food eaten must contain a certain amount of mineral matter. Iron is one of the principal compounds included under the foregoing term. We often think that, if we provide protein and carbohydrate in sufficiency, the other compounds will be well represented, but this is far from the truth. Nor can iron or other mineral compounds, isolated for the purpose and given as medicine, take the place of iron as it occurs in combination with other compounds in food substances. Lean meat, eggs and milk contain iron compounds in generous proportion and these are essentials in a well balanced dietary, but we must not depend on these alone for the iron that is so necessary to perfect nutrition.

Prof. Sherman, in "Chemistry of Food and Nutrition," says: "In an experimental dietary study made in New York City it was found that a free use of vegetables, whole wheat bread and the cheaper sorts of fruit, with milk but without meat, resulted in a gain of 30 per cent in the iron content of the diet, while the protein, fuel value, and cost remained practically the same as in the ordinary mixed diet obtained under the same market conditions."

Van Noorden, who is a strong advocate of a liberal use of meat in the dietary of adults, says in regard to the feeding of children: "The necessity of a generous supply of vegetables and fruits must be particularly emphasized. They are of the greatest importance for the normal development of the body and of all its functions. As far as children are concerned, we believe we could do better by following the dietary of the most rigid vegetarians than by feeding the children as though they were carnivora, according to the bad custom which is still quite prevalent"

"If we limit the most important

sources of iron,—the vegetables and the fruits,—we cause a certain sluggishness of blood formation and an entire lack of reserve iron, such as is normally found in the liver, spleen, and bone marrow of healthy, well-nourished individuals."

Children of all ages relish fruit and eat it freely whenever it can be obtained, but the eating of vegetables is quite another matter. Outside of, perhaps, lettuce, celery and, occasionally, tomatoes, few even of high school and college boys and girls eat vegetables. There is no inclination even to taste choice vegetables like spinach, asparagus and green peas.

It follows that children should be

taught when young to enjoy the flavor of vegetables, for when older the very fact that a certain kind of food is wholesome seems to set the average youth into a chronic state of opposition not at all conducive to knowledge. The child who helps plant or shell peas is curious to know how they taste and will soon acquire a fondness for them. Such children, left to forage for themselves, as in boarding houses of schools and colleges, will not confine the food supply to meat and a little potato, three times a day, but will demand at least a fair proportion of fruit and vegetables, and the product will be forthcoming to supply the demand. The gain in health and hygienic living will be appreciable.

In Vacation Time

SUMMER SCHOOLS

Vacation or summer schools are manifestly increasing in number and growing in favor. We take the liberty here to invite the attention of readers to the notices of summer schools of cookery given elsewhere in this issue of the magazine. These schools afford young women an opportunity to combine pleasure with profit, either near the sea coast or in the mountains. In past years, the young women who have attended these schools of cookery and vacation outing combined, have invariably carried away with them far more in way of attainment than they had in any wise anticipated.

In these days, theory alone avails little. Young people are expected to be qualified to do things. The man or woman who can deliver the goods is everywhere in demand. These summer schools are one place where young women are taught how to do by actually doing the things themselves. With little experimenting they present at once facts, the results of long and practical experience.

HIS MOTOR-BOAT

He cometh not with note of love,
He cometh not with bugle-call,
Nor all in silk or velvet clad
To ride beneath her castle wall.

*Put-put-put—
Tut!*

His motor-boat it motors near:

*Put-put-put—
Tut!*

And Emmy trips it to the pier.

He cometh with a patter song,
He cometh with a *put-tut* call;
In sneakers and in khaki clad
To *put-tut* 'neath her cottage wall.

*Put-put-put—
Tut!*

His motor-boat it motors near:

*Put-put-put—
Tut!*

And Emmy trips it to the pier.

There's fifty boats a-chasing up
And chasing down with *put-tut* note,
Yet Emmy knows without recall,
The *put-tut* of her lover's boat.

*Put-put-put—
Tut!*

His motor-boat it motors near:

*Put-put-put—
Tut!*

And Emmy trips it to the pier.

—By Jennie E. T. Dowe,
in *Century Magazine*.

Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

LESSON XI

Meat — (continued)

IN this lesson our study brings us to the favorite ways of cooking meat, namely, roasting and broiling. The heat is conveyed directly by means of heat waves through the air or by convection through the iron, and a higher degree of temperature is obtained than is possible by means of boiling water. Of course, in this way, the surface juices are more effectually retained and there is less waste and better flavor. The browning of the fat, also, adds much to the savoriness of either a roasted or broiled piece of meat. Tender meat must be used for either of these processes, so that they are by no means economical from the point of view of expenditure. It is a great mistake to feel, as many persons do, that meat must be in the form of a roast, to give the most nourishment. Meat broiled or roasted is, perhaps, more palatable, and therefore, in some cases, more digestible; but it contains no more food value than the more humble stew. In roasting and broiling the heat must be high at first, to harden the surface juices immediately, then it should be lowered somewhat, in order that the meat may not be toughened by cooking throughout at too high a temperature. Meat is, however, a poor conductor of heat, and care must be taken that time is given to allow the heat to penetrate to the centre. (Compare these general directions with those given for cooking meat in water, given in our last lesson).

Broiled meat is, perhaps, better as the first example of this quick cooking, since it can be watched during the process of cooking and the effect of the heat observed. Broiling may be divided into two classes—broiling proper, in a wire broiler, and “pan”-broiling. In either

case be sure of a clear, strong fire before beginning.

Broiled Steak

Prepare the steak by the general rule and remove any superfluous fat. Grease the wires of a wire-broiler with a little of this fat. Lay the meat on the broiler and put it over the fire. Turn, in about ten seconds. Cook on the other side for about ten seconds and turn again. (Both sides should be cooked so that the juices will not escape, though drops of fat may fall from the fat about the edge of the meat.) The meat may be cooked for a longer or shorter time, according to the degree of rareness desired and, also, to the thickness of the slice. Five to eight minutes is usually enough and during this cooking, turn, about every two minutes. Place on a hot platter and sprinkle with salt and a little pepper and spread with a little butter, if liked.

Pan-Broiled Chops

Prepare the chops by the general rule and remove superfluous fat and any pink skin. Have a French frying pan absolutely smooth and *very* hot. (Notice the bluish look which comes to the metal as it heats). Lay in it the chops and let them cook thirty seconds, then turn and cook equally on the other side. Be careful not to prick them in the process of turning. Cook for about six or eight minutes, turning them during that time about every two minutes. Hold them on the edge to cook the fat, if necessary. Place on a hot platter and sprinkle with salt and pepper. Serve very hot.

Let the pupils observe the different appearance of the meat after it has been exposed to the extreme heat of the fire or of the heated pan. The process may be reversed and either chops or steak be broiled or pan-broiled, according to con-

venience. If the juices start, what is indicated as to the heat? Why is there no need to add butter in serving the chops?

There is much prejudice against the use of lamb and mutton fats, which is a pity, as they are wholesome fats and very delicious when served really hot and with sufficient salt. If people would use the fat with the meat, less butter would be needed in the daily food and so money might be saved. In addition, the fat obtained would, in many cases, be more wholesome, as well as less expensive.

In roasting meat we must have a hot oven at first, for the same reason that we need a clear, strong fire for broiling. After the surface has been "seared" the heat may be somewhat reduced.

To Roast Meat

Prepare the meat by the general rule and weigh it. Rub the meat with salt and dredge with flour, then place it on a rack in a dripping pan. Let it cook fifteen minutes for every pound and ten or fifteen minutes extra, to allow for the heat to penetrate to the centre. Cook it at first with the skin side down. When the meat is about half cooked, turn it over to brown the fat. Baste about every ten minutes during the cooking. Place on a hot platter and serve with a gravy made from a part of the fat and flour in the pan.

What is the use of dredging with flour? What is the use of the salt? Compare the roast meat with the baked fish. Why is no pork added to the meat, as was done in the case of the fish? What do we mean by "basting"?

Gravy for Meat

2	tablespoonfuls of	2	tablespoonfuls of
	browned fat from		flour
	the pan		1 cup of boiling water
	Salt and pepper to taste		

Place the fat in a saucepan and add the flour. Stir over the heat until it is a smooth paste and as brown as you desire. Add the boiling water and seasoning and proceed as in white sauce.

This gravy may also be made in the dripping pan, using all the fat, but care must be taken that enough flour and water are added to take up all the fat, or the gravy will be greasy, unpalatable and unwholesome. It is better for a beginner to measure the fat and prepare the gravy in a saucepan so that she may see plainly what she is doing and may measure her ingredients.

Our second object in meat cookery is to extract the juices. This is our aim in the preparation of soups and broths. Let the pupils recall the experiments of our last lesson and suggest means by which the juices may be drawn out of the meat. In soup-making we use the bone and tough portions of the meat, along with the muscular tissue. The muscle furnishes albumin, other proteids and flavorings, called "extractives." The bone, skin, tendons and other inedible portions, furnish gelatine and other substances which are of use as "proteid savers," though they may have no actual food value. Hence, for soup-making, we choose a cheap cut which is about half meat and half bone, and this we do not merely from motives of economy, but, even more, because the soup is better.

Soup Stock

3	pounds of shin of	$\frac{1}{4}$	a cup of diced tur-
	beef		nip
3	quarts of cold water	$\frac{1}{4}$	a cup of diced car-
$\frac{1}{4}$	a cup of chopped		rot
	onion		A small bunch of
			sweet herbs

Prepare the meat by the general rule. Cut it into small pieces and place it in the cold water, with the bones and marrow. Let it stand an hour, then put the kettle on the stove and bring gradually to the boiling point. Boil very gently for four hours. Add the vegetables and season with salt and pepper. Let it boil one hour longer, then set away to cool. When needed for soup it will be found to be a stiff jelly, with a layer of fat upon the top. The fat may be removed and the soup melted and strained. If it be clarified, into a "clear soup," prac-

tically all the nourishment is removed, and it becomes a mere stimulant, with no more food value than tea or coffee. "Clear" soup has its place, but it belongs to the more elaborate kinds of cookery and is not suitable for the work of a beginner.

When the soup-meat is removed from the soup, is the food-value of this meat so far extracted that it should be thrown away? Experiments have shown that this is not so, and that the soup-meat may be used, if in some way the flavor can

be restored so that it may be palatable. The meat still contains many solid proteids, but the "extractives" are removed.

Soup-meat may be chopped, flavored with onion, other vegetables, seasonings and even a little beef extract and served as meat loaf, or with a crust of carefully prepared mashed potato. In either way it is a delicious and nourishing dish.

In our next lesson we shall consider stews and preparations of dried beef, also some of the general values of the different cuts of meat.

New Ideas About Cheese

By Alice E. Whitaker

TODAY'S truth may be to-morrow's error. This is true in habits of eating as well as in many other things. One generation is warned against many foods that the next finds most desirable. So much has been written about cheese that it has been considered a well understood subject, but in this age of careful investigation nothing can be accepted as settled until it has been thoroughly investigated in research laboratories or other places of accurate investigation. No popular supposition can be regarded as truth until it has been proven by scientific experimentation.

It is well known nowadays that unadulterated milk is six-sevenths water, and that the one-seventh, which is the food material in milk, is cheap as compared with most other foods and is very wholesome. It contains the different food elements in a good proportion and in easily digestible form. But milk is such a food that it is popularly regarded as a beverage, rather than a food, except for infant feeding. The excessive moisture is frequently removed, to render the substance less bulky and, when the fat is removed by itself with only about one-seventh of water in the product, we have

butter. When all of the elements in the milk are allowed to remain and the water is evaporated to a considerable degree, condensed milk is the resultant: it usually is from three-quarters to two-thirds water. When most of the natural food elements of milk are retained and the curd is coagulated, and the water drawn off as whey, the product is cheese. But there are so many differences in the details of handling the cheese that 434 varieties are listed in official dairy publications. These variations are due largely to the different methods of "ripening," or to the different forms of bacteria that are called in to assist in the process. These different kinds of cheese have a wide range of texture and vary in flavor from the mild, pleasantly acid cottage cheese to the rank Limburger.

The most common cheese of commerce is the cheddar, of which there are several varieties, some of the distinctive differences being due, to a considerable extent, to the form in which they are put on the market. Most of the other kinds are somewhat roughly classified as soft cheeses, and they, for the most part, come under the classification of fancy cheese, although a few of the cheddar type are also properly termed fancy

cheeses. Familiar types of the fancy soft cheeses are Brie and Camembert.

These soft cheeses are almost exclusively used as a relish, and this is true of some of the cheddar type. But the common American cheddar is a food as well as a relish. It is a highly concentrated food, containing roundly one-third casein, one-third fat and one-third water—as against six-sevenths water in the milk from which the cheese is made. Cheese contains twice as much nutrition as beef, mutton or fish and four times as much as chicken. It is a nutritious food, and having no waste it is very economical. In countries where meat is scarce and high cheese has an important place in the diet of the people. This is the case, whether the cheese is made from whole milk or skim milk. The protein element of food, that is the element which is necessary for tissue building, is supplied by cheese at much less cost than by meat, and this is especially true of skim milk cheese.

In this country the food value of cheese has not been fully or sufficiently appreciated. More than that a prejudice has existed against it on account of its alleged or supposed indigestibility, particularly when not completely “ripened.” One of the best dairy authorities in the country said not many years ago, that “in the majority of cases indigestibility comes from eating uncured cheese. The people of England and continental Europe eat largely of cheese, but it is of good age and well cured. Old cheese is considered to be an aid to digestion. The high livers of England finish their heavy dinners with a bit of rich old cheese and a cracker. New cheese is known to be very indigestible and sometimes suspends the peristaltic action of the bowels. All cheddar made cheese is hard, unpalatable and indigestible when young. The rennet must have time to predigest and break down the curd.” This quotation aptly states what has been the prevailing belief for years.

This popular opinion is now shown to

have no basis in fact. The national dairy division has been studying the digestibility of cheese for several years and has recently issued a bulletin giving the results of 184 experiments on 65 persons. These experiments were carried on with a diet of bread and bananas, because these foods have been carefully studied and are well understood. It has been hard to explain why, when the solids of milk are digestible and make a perfect food, the process of cheese making, by the addition of rennet and the development of lactic acid, should transform them into indigestible solids. It has also been hard to explain why green cheese should have any unusual tendency to cause constipation. But the experiments carried on by the Department of Agriculture show that as a matter of fact there is “little or no difference in the comparative digestibility of cheese at different stages of ripening. The perfectly green curd, evidently, and as far as nutritive value was concerned, was as good a food as the same cheese at any stage of ripening. The casein of cheese either fresh from the press or thoroughly ripened is very highly digestible. The cheese was eaten in comparatively large quantities, but it was well assimilated.” Allusion is also made to the evident digestibility and food value of skim milk cheese and the economical value of this kind of food put on the market in a way to induce the laboring classes to buy it.

These experiments omit one feature in the case and that is the proper mastication of cheese. The digestive juices can not work well upon food that is not well broken up by chewing. This is the cause of the difficulty in digesting hot breads, especially those raised with yeast. Green or rubber-like new cheese may be more difficult to break into small particles in the mouth—or there may be more of a tendency to imperfectly masticate this kind of cheese—and hence it may be swallowed in lumps. This may be the cause of the general prejudice against such cheese.

Strange Foods We May Eat

By W. T. Walsh

HERE is not a food in common use to-day that we could not dispense with. Indeed, we might eliminate about all the foods known in the diets of nations and still find ourselves in no wise suffering in health, but perhaps all the better for the substitutes we should be obliged to take in their places. We have been so accustomed to an almost absolute dependence upon certain "staples" that it is well-nigh universally held we could not so much as exist without them. This superstition seems to be held by every race, from Americans with their beef and wheat, to the Chinese with their fish and rice.

Yet there are vast reserves of wholesome, nutritious foods that are unheard of, but which indicate that we need have no fear for many centuries, at least, to come that human life on this globe must come to a fierce struggle to possess a portion of an inadequate food supply.

About twelve years ago Sir William Crookes gave us something of a jolt, when he predicted that by 1928, Malthus' law, first formulated in 1798, which, in substance, maintains that the tendency of population is to increase faster than the quantity of food, would be noticeably in evidence. Wheat, he said, could no longer be produced as rapidly as the demands of the multitudes required.

In his prediction, he forgot, however, that Science up to the present, at least, has always taken care of man in this direction, and that never was scientific activity so actively, keenly alert as it is to-day.

The seas of the globe teem with animal life. Many of these creatures prey upon one another. There must be a beginning to this food supply, however, other than animal. It is found, of course, in the weeds of the ocean,—sea-

weeds. This rich vegetable substance, tossed up in millions of tons after every storm, is absolutely inexhaustible in quantity, and largely contains the same elements that are to be found in wheat, the staple, the staff, of life. For centuries, indeed, the orientals have made a food of this product of the sea. The Japanese and Chinese remove the seaweed from the rocks and sands, and dry them in the sun. At the proper time the substance is shredded and sold as an article of food, boiling being one of the intermediate steps. Dulse is a variety of seaweed used to some extent in certain parts of Ireland and Scotland as a food, but it is nowhere so tasty as the preparation of the Japanese. Travelers in the Island Empire declare that this diet is digestible and satisfactory.

On the southwestern coast of Norway a very profitable industry has been established of late years in the harvesting of seaweeds. In the autumn of the year the high tides drive toward the shores vast beds of the floating substance, which the Norwegians gather and burn. The incineration process is for the purpose of securing valuable chemicals, among them iodine, which find a ready sale in the English markets. The growth of seaweeds along these shores is stated to be little short of marvelous. The growth is so thick that "during the summer the ocean bed is covered with a dense, impenetrable brush, which later loses its grasp upon the soil and drifts ashore." Of course this seaweed is not used as food, but the ease with which the plants are gathered shows how readily they could be gathered by man, for food.

The sea even offers a substitute for beef. On the coast of Newfoundland are what are known as whale factories. Here the leviathans of the deep are cut up and prepared for the market. First,

the hide is removed, with its attachment of rich, creamy fat. Next, the flesh or "meat" of the whale is removed. The better "cuts" are placed in cold storage, to be later turned into sausage, and the second best quality, into extract of beef. The flesh has first of all, however, to be steamed, to remove all traces of the oil, which naturally would be very disagreeable. Huns, Poles, and other foreigners, settled in the New World are coming to use this whale "meat," and it is even shipped to the West Indies. There is no particular reason why this flesh should not be eaten by the native born American, just as the Parisian has accustomed himself to horse flesh. Experiments are, also, being made for saving and utilizing the milk of the female whale, as a new brand of condensed milk. This can, of course, only be obtained after the monster has been slaughtered. One whale yields several barrels of this remarkably rich, creamy fluid.

From the sea we can turn to the forest for additional food supplies. The humble acorn has been far more extensively employed than, perhaps, one would imagine as an article for the table, or, at least, for the stomach, for devotees of the acorn often have no tables. In the countries of the Mediterranean, Mexico, and our own Southern States, the sweet acorns, which contain but little tannin, are the kinds that have been commonly used. The Indians of California even to this day depend largely upon the acorn for the vegetable part of their diet. Be-

fore even the "sweet" acorns are quite palatable the tannin must first be removed. This is done by dissolving the ground nuts in water, which is permitted to percolate afterward through sand, thus bearing away the unpleasantly bitter flavor. Bread is made from the meal. The bread is black as coal, but palatable and nutritious. The early Spanish settlers were accustomed to use the parched acorns with barley as a substitute for coffee.

Lastly, if Nature and the Food Trusts should render our present means of living too difficult, we could turn to the desert. Some time ago a cactus farm was planted in Arizona, well under the hot skies of the southern part of the territory. The scientist in charge, also the chief owner, has brought together here a vast variety and is studying their possibilities as producers of fruit, medicine, and as storers of water. A California physician, Dr. Landone, of Los Angeles, is said to have lived for two weeks almost exclusively on Luther Burbank's spineless cactus. He lost no weight on his peculiar diet. When his fortnight was up he celebrated the event by a banquet.

This was the menu:

Soup: Cactus and Celery

Omelet: Cactus and Green Peppers

Salad: Cactus Fruit and Lettuce

Fried Cactus

Sherbet: Cactus Fruit

"Wine List": Cactus Juice



The Art of the Flatiron

By Alice Bergman

WHEN we speak of the arts, how many of us think of the art of the flatiron, which in these days of labor-saving devices, certainly ought to become a fine art?

Sometimes called by the common and more plebeian name of ironing, this art appeals to some people in an unpleasant manner, rather than otherwise. Indeed, it brings to their minds the days when ironing was a primitive art; when heavy, clumsy flatirons, a decidedly "kitchen-y" attire, and a hot room were the principal features of ironing day, even though the time might be in midsummer. Those were the days when the mistress of the house denied herself to all visitors and drudged all day at her ironing board.

But now the art of the flatiron is brought to a high degree of superiority. One no longer uses the heavy, awkward flatiron or ponderous ironing board. In these days of electricity and aeroplanes, who would think of such a thing?

Instead, the ironing board is a dainty affair which may be folded up if desired. One might almost mistake it for the afternoon tea table. It is so light that it can be unfolded and set up at a moment's notice, the electric flatiron ad-

justed, and behold! the ironing outfit is ready.

Nowadays, the mistress of the house may iron at her leisure. She puts on a frilled white apron over her gown, and if perchance she is interrupted, it is only necessary to discard the apron and she is ready to receive her visitors.

Of course, this art of the flatiron, like all other arts, requires time and practice. One cannot expect to have one's embroidered blouses look dainty and sheer and "just like new" after the first attempt. The sleeves especially, are sure to have wrinkles. When one is certain that the wrinkles are all pressed out on one side, they are bound to appear on the other side, much to one's chagrin and discouragement, especially if the person presiding at the flatiron be an amateur. Indeed, the wrinkles in a sleeve are like the "black cat" of Poe, when you think you are rid of them, they appear in some other place.

This is just one of the many trials to be gone through before one becomes an artist in this work. And yet, with all the conveniences of the present day, there is no reason why we should not have more experts in the art of the flatiron.

Kitchen vs. Kitchenette

By E. Roberts

AN article in a recent household magazine gives an enthusiastic description of a compact kitchenette, so tiny that it is modeled after a ship's kitchen and takes up almost as little room. The writer tells with what difficulty she stowed herself away, in order to visit with the owner

while luncheon was being prepared. At first I felt a pang of envy, contrasting the order and neatness which prevailed there with the somewhat chaotic condition which met my eyes as I looked up from the magazine I had picked up to fill in the moments until the high school boy should arrive

in his usual starved condition. When he came, however, I wondered how he would fit into that tiny kitchenette, for the high school boy is long of limb and broad of shoulder and still growing.

I envied no more, for our kitchen is the Heart of the House. On the kitchen table the high school boy builds his aeroplanes and telegraph instruments, and solves his algebra problems, and conjugates his Latin verbs; at the kitchen sink he experiments with chemistry and physics, all with mother's sympathetic interest and help. A perfect kitchen companion is the jolly, whistling high school boy with his slang, his popular songs and his interest in everything, from modern aeronautics and wireless telegraphy back to Alexander the Great and Julius Caesar. You can't lose your hold on every part of your boy's life, if he and his chums are under your feet in the kitchen on holidays and stormy days. Where is there room, pray tell, for taffy pulls and popcorn in a kitchenette?

On the fireless cooker in the corner

(cooker made by said high school boy) the ten-year-old boy finds subjects and predicates, with mother's help, cons his spelling lessons and "bounds North America." In the chalked ring in the centre he "knuckles down tight" and he may even spin his top here, build his kites and mend his sled.

Baby boy gets his first lessons here, too, builds his blocks and runs his choo-choo train, "cranks his auto" with meat grinder and bread mixer, learns his letters from oven door and cereal carton and his numbers from clock and scale dial and calendar.

Even the master of the house warms his back at the hot water boiler in the corner after his drives, as he answers the "Queen of the Kitchen's" inquiries about different patients he has visited that morning.

There is even room for the high school boy's chum, "the yaller dog," and Four-year-old's kitten; yes, there is even a comfortable chair for the neighbor who runs in "to borrow" and stays to chat.

No, a kitchenette would never do for us.

A Cafeteria Supper

By Carrie Ashton Johnson

ONE of the most popular novelties in church sociables given this season is described below.

Upon entering the hall or dining-room the guests or patrons were handed trays, silver, and Japanese napkins, and requested to visit the different counters and select what they desired.

The menu was shown over the various counters. From a recent supper of this nature the ladies' society cleared nearly one hundred dollars, and all pronounced it a great improvement over the ordinary sociable supper.

The following menu was served:

Chicken Pie05
Roast Beef and Gravy05
Spaghetti with Spanish Sauce05
Mashed Potatoes05
Radishes05
Pickles01
Rolls and Butter05
Coffee05
Fruit Salad05
Perfection Salad05
Doughnuts05
Ice Cream05
Cake05



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Bouquets in the Oldtime Fashion are Revived

THOSE who can remember back a good many decades will recall the stiff arrangements of flowers. There were vases in pairs on high mantels; often they were flattened and high, with big curving tops running down low at the sides, supporting a stiff background of green foliage, before which were set in prim fashion various flowers, the short-stemmed ones in front. It was quite an innovation when the natural method was adopted, followed by the studio-sketch-class style of dropping things into queer jugs, or plumping things, like a mass of nasturtiums without the leaves, into vases, "for color, not form."

With the return of old-fashioned houses and furnishings, the high, narrow mantels and set pairs of candlesticks and vases are again in vogue—everything has come back but the old-fashioned manners, and "dropping a curtsy."

After the oldtime hand bouquet, carried with a lace handkerchief, which was held by a gold chain and ring, came the loose bouquet and the "shower bouquet." Now the fashion has reverted to such hand bouquets as our grandmothers carried with pride at Saratoga "before the war," and in Boston, New York and Philadelphia, when they lived in sections now given over to trade and foreign tongues.

The bouquets, made to copy the style of that time, are now displayed by lead-

ing florists. One order recently seen was a lot of dark red rosebuds put close together in a mound, surrounded by a lace-paper border in the old-fashioned, economical style, when young ladies were expected to be careful of their kid gloves; they valued a pair of one-buttoned white ones far more than modern girls do a boxful of elbow length. Beside the lace paper there was a delicate wider frill of white gauzy stuff, and these supported an entwined border of hot-house lilies of the valley, showing the tender, pale green leaves, but more of the blossoms. Hanging from the bouquet were two knotted ends of rather wide ribbon, of the exact shade of crimson-red as the rosebuds.

Since these hand bouquets have come back, we may yet have the revival of the "bead baskets" of years gone by. There were patterns in Godey's *Lady's Book* and *Peterson's*, in the '60's. Crystal beads and bugles were bought and made into baskets for holding cut flowers. A glass bowl was set inside holding the necessary water. These baskets were suspended by chains of beads.

This kind of a flower basket was often hung in the centre of the room from the ceiling, or below a chandelier over a table, or from the centre of a bay-window; and woe betide the tall man who passed under and tilted the thing. Perhaps some old New England home has one yet? Although, in the progression of art ideas, there has always been a procession of things, ascending from the "parlor" to the "best bedroom" and

thence to the "attic."

J. D. C.

* * *

Fruit Punch

The ingredients are:

2 quarts of shredded pineapple	8 pounds of sugar
2 dozen oranges	1 quart of appollinaris
1 dozen lemons	1 quart of maraschino cherries
3 quarts of strawberries	

Method: Boil two quarts of strawberries with enough cold water to cover. Strain and mash pulp through colander. Set aside to cool. Extract juice from the lemons and oranges and pour over the sugar. Let this stand for four hours, stirring occasionally. Add strawberry juice and pulp. Stir and strain through a fine strainer, add water to make five gallons in all. When ready to serve add one quart of sliced strawberries, the shredded pineapple, appollinaris, and maraschino cherries.

One of the best labor saving devices I have found to be a piece of unbleached muslin, large enough to cover the top of the bureau or dresser, hemmed and spread over top either while combing hair or put on at night and left till the room is put in order the next morning. This can easily be done, by removing the few articles needed meanwhile. In this way much litter is kept from top of dresser, and much labor saved both in the way of dusting and the laundering of bureau cover.

A. G. B.

* * *

Saving Fine Table Linen

IF one has some cherished table linen and it shows decided signs of wear, a "hint to the wise is usually sufficient"; well, to repair it almost invisibly is a work of art, and if this simple suggestion is followed the life of your cloth will be prolonged considerably.

Place it smoothly on a sewing table wrong side up; over the worn part baste neatly a piece of fine net; darn it down through the holes (of net), using fine

flax thread for the purpose; remove the bastings carefully, press the cloth, and if you have proceeded as directed, you will be delighted with the result.

It is supposed everyone knows that old tablecloths can be cut up into napkins, which will last a long time when neatly hemmed; the worn parts should be kept; they are invaluable for burns, and many other purposes in case of sickness.

Flax thread is obtainable from the notion counter of any good department store.

L. N.

* * *

Completing the Garden

NO kitchen garden is complete that is ploughed every year from corner to corner, from end to end. It should have a border, and a good wide one, where pie-plant, mint, asparagus, pepper grass, sage and others of their kind grow and flourish from year to year.

When spring comes, if you can't go into your garden and gather rhubarb for a pie you are cheated. When the lettuce is big enough to pick it should be served with pepper grass, and this you will get from the unplowed end of your garden. Then your asparagus bed will prove a blessing to offer thanks for and the mint and sage, etc., will pay for all the care you give them a hundred fold.

The kitchen garden is a necessity, but make up your mind this fall that you will begin filling one end of it with the kind of plants that need not be grown anew every season.

L. M.

* * *

A Wedding of Beautiful Simplicity

IN this day of ultra-fashion in weddings, when cost marks are flaunted and scream so loud that hearts dare not whisper, it is refreshing to know of a home wedding where forethought and good cheer and naturalness reigned, and where money played no part.

It was just a quiet little affair in a city flat. As newcomers in town, the three, mother, son and daughter, had almost no close friends.

"A lucky thing," laughed the bride-to-be, "since we have no time nor thought nor space for them in this. We will have just our own—the relatives and old friends we could not do without."

But there was no lack of cheer or beauty. Music of the happiest, sweetest kind was furnished in abundance by the guests themselves, with harp and piano accompaniments. The rooms were decorated with daisies (the flower of the country town where the two had played together as children), combined with quantities of asparagus fern sent from the groom's new Southern home.

Among the gifts that had come in was a costly clock. This the bride had placed conspicuously on the mantel, banked with ferns and flowers; and she had wound it and set the hands at exactly two minutes to eight—the wedding hour. Her brother had been instructed to start it exactly on time, the first stroke of its musical gong being the signal for the pianist to begin the wedding march and for the bride to start down stairs. This worked perfectly, and forever after the striking of the clock will be a happy reminder in the new home.

At the luncheon which followed the ceremony, the bride and groom were served upon some old family china that had graced her grandparents' wedding more than seventy years before.

Another cherished reminder in the little flat was "father's" old arm chair. He had left them for the other country less than a year ago, and the chair was still "his place" in the household. Through a quiet word passed among the guests, this seat of honor was left vacant, the only vacant spot when the clock struck eight and the brother turned from his duties as host and master of ceremonies to seat himself for the service. When he saw the place reserved for him by the thoughtfulness of others,

his eyes suddenly filled and he realized that henceforth he was to be more than son; he was in "father's place."

Nor was this the only tribute paid to dear memory that day. The bride's bouquet of glorious roses was handed over on her departure to the girl-chum who had come from the home town; and before the next sun had set they were lying on the father's grave, with a bit of paper attached, which said, in the bride's handwriting, "Wishing for *you* this day."

* * *

L. M. C.

The Summer Dining-Room

THE country housekeeper, handicapped by many disadvantages, can teach us much of what simple ingenuity can do to improve undesirable circumstances.

In an old-fashioned farmhouse, there was no dining-room, and the kitchen, where the big wood stove roared, was insufferably warm during the summer months.

The city visitor was surprised to see how easily her hostess had overcome the deficiency.

From rough material a roomy porch was built across the back of the kitchen. From similar materials a table was built. Two windows and a door opened from the kitchen to the porch.

For the window nearest the stove a screen was constructed by making a frame the size of the window, covering it with mosquito netting, and hanging it to the outside of the window frame by hinges like a door. To the inner sill was added a broad shelf. Here food prepared for the meal was placed, and easily set on the table through the window.

The other window was taken out entirely, and on the inside was set an old cupboard, from which the back had been removed. The window blinds covered with the netting protected the outside, and dishes could be removed or returned to the cupboard without entering the house.

Vines were planted about the porch, and it was cool and inviting. Plain wooden chairs that the weather could not affect were used. The floor was painted, that it might be more easily cleaned.

Here the family ate their meals, and here the dishes were generally washed. The dining table, being undisturbed, was ready in the kitchen for cold or stormy days.

The next spring, as soon as warm weather approached, the city woman began thinking of that out-of-door dining-room. For a small outlay she screened her own back porch and planted vines, and here she installed a family dining table. So beneficial did this prove to the whole family that she considered it worth actual dollars to them.

A long cloth flapping in the breeze is entirely out of place in such a room, so she made cloths just the size of the table top, and here was another saving, in laundry work.

The average housekeeper does not get into the air and sunshine enough. Out-of-door living is inestimable in its benefits, and need not require costly trips or expensive improvements.

A Garden Plea

TWO years ago I began a little garden. The desire to have for my own some of the lovely oldtime flowers was the first thing that prompted the garden. The pleasure of ownership has been mine and the joyous possession of these beautiful flowers has been great, but I can truthfully say it is nothing compared to the joy I have been able to give, and the desire to share is now as consuming as the desire to possess.

I often hear the complaint among women that "I do not have a garden because it is so much work," or "I have no time to fuss with a flower garden." While I cannot understand a normal woman hesitating over anything because it is "work"—that being the royal road over which all things worth while travel,

—I understand even less how lack of "time" has anything to do with gardening. We know women always find time for what they most desire, and it does not take an acre to make a garden; the most successful gardens I have known have been tiny affairs tended by hurried and harassed business men and women.

Why should women be particularly interested in gardening and what do they gain therefrom? Let us count a few of the "gains."

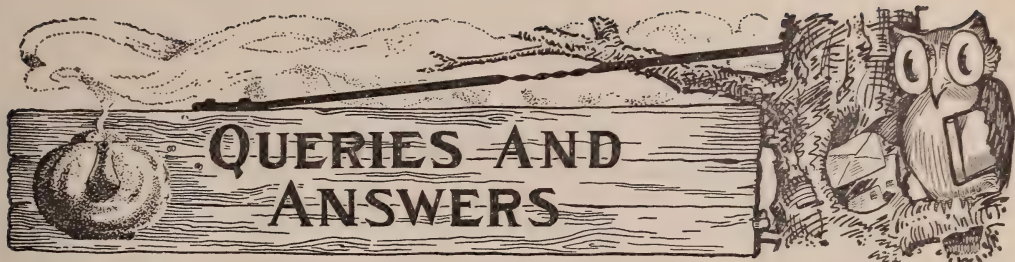
Gardening is diverting, interesting, healthful, progressive and profitable. "I love bridge, it is so diverting," hundreds of women cry. But we do not always need the kind of diversion the bridge table brings. Some of us still believe in the real "touch of Nature," getting close to the soil, back to elemental things.

The interest in a garden is unceasing—even in midwinter one loves to wander forth and view the wonders wrought after a snowstorm—a transformed fairy garden where weeds are quite as attractive as rose bushes.

Everybody agrees that gardening is healthful, for it makes one work in the open and chases cobwebs away from tired brains.

All modern women wish to appear progressive. Then do not be ignorant of gardens. Gardening has become such an important factor in our social and educational world that the best authorities are sought after to present the subject. One hears of "community gardens," of "school gardens," and we know that efficient women are awake to its possibilities in relation to the child.

The profitable part of gardening can easily be traced in dollars and cents, as many women thrown suddenly on their own resources can testify, but the profit derived in being able to send a basket of violets to your sick friend, to crowd a rose through the fence into the warm hand of a child, to carry a bunch of spring flowers to the toilers in the city, who would hesitate to "take time" to make these things possible? G. H. H.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1729. — "Recipes for Strawberry Ice Cream and Strawberry Sauce to serve with Ice Cream."

Strawberry Ice Cream

1 quart of rich cream	juice
1 cup of sugar	1½ cups of sugar
1 pint of strawberry	Juice of ½ a lemon

Mix the cream and cup of sugar and turn the crank of the freezer until the mixture is partly frozen; add the fruit juice, mixed with the cup and a half of sugar, and finish freezing. Let stand an hour or two before serving, to ripen. The quantity of berries needed to secure the measure of juice indicated varies. As purchased at market two baskets of berries would be the average. The berries may be put through a vegetable or potato ricer and then strained through a cheese-cloth to exclude seeds. To mix the berries with the sugar and set them aside for an hour or two facilitates the removal of the juice.

Strawberry Sauce

Hull and wash a basket of berries. Add sugar to taste, from one to two cups, crush with a pestle and let stand in a cool place until ready to use.

Strawberry Sauce 2

Scald a basket of hulled berries; let heat slowly to avoid adding water, or burning. Press through a fine strainer (such as is used to sift powdered sugar), add an equal measure of sugar and let boil ten minutes, skimming as needed.

Thicken with a teaspoonful of arrow-root, made smooth in a little cold water, or add a tablespoonful of lemon juice, or flavor to taste with Kirsch as is desired.

QUERY 1730. — "Recipe for Strawberry Tarts, such as are seen at fine bakeries in the cities."

Strawberry Tarts

From remnants of puff or flaky pastry cut out rounds nearly three inches in diameter. Pipe chou paste on the edge of each round, using either a plain or a star tube with half inch opening. Prick the paste in the centre and let bake fifteen to twenty minutes. Fill the centres with choice preserved strawberries. The syrup of the berries may be reduced to a jelly and the strawberries then added, and when cold set in place in the tarts. Chou paste is the paste from which cream cakes and éclairs are made. The recipe is given in all modern cook books.

QUERY 1731. — "What is Aspic Mayonnaise?"

Aspic Mayonnaise

To any measure of mayonnaise dressing take one-third its bulk of aspic. The jelly should be neither firm nor liquid, but in such a condition that it will blend perfectly with the mayonnaise. Gradually beat it into the mayonnaise.

QUERY 1732.—“What is the best way to wash an earthen pot in which Boston Baked Beans have been baked?”

How to Wash a Bean Pot

Put two or three generous tablespoonfuls of sal-soda into the pot and pour in hot or cold water; set the cover in place, letting the water come up over the cover to the very top of the pot. Let stand overnight, pour out the water, and with clean cloth (not the dish cloth) and hot water wash thoroughly, rinse several times, and wipe dry. Burn the cloth (to save cleaning it). With this procedure the bean pot may be made immaculate in less than five minutes. Sal soda costs two or three cents a pound and is the cheapest cleanser known. As sal soda is a caustic alkali, it must be used with care.

QUERY 1733.—“Recipe for Chicken Cooked en Casserole.”

Chicken en Casserole

Cook the chicken, cleaned and separated into joints, in butter, bacon, or salt-pork fat, made hot in a frying-pan, until browned on one side. Then turn the pieces, and brown the other side. Put the joints into the casserole: put in about a pint of hot stock or water, cover the dish, and set into the oven. Let cook at a gentle simmer about an hour and a quarter. Then add two dozen potato balls or cubes, one dozen tiny young onions, or peeled fresh mushroom caps, and a dozen slices of carrot, all browned in the frying-pan, and three or four tablespoonfuls of sherry wine, with salt and pepper to season. Cover close, and let cook fifteen or twenty minutes longer. Send to the table in the dish, and without removing the cover. Flour and water mixed to a thin dough may be rolled into a rope or string, under the hands, and pressed upon the casserole, where the dish and cover meet, to keep in flavor.

The dough should be removed, but the cover should not be lifted until after

the dish has been set upon the table.

The onions, potato balls and slices of carrot should be blanched and dried before being set to brown. To blanch, let boil five minutes, drain and rinse in cold water. The pieces of chicken may be rolled in flour before sautéing. The pinions, neck and back may be used for broth in which to cook the rest of the chicken.

QUERY 1734.—“Recipes for Strawberry Jam and Preserves that are dark red in color.”

Strawberry Preserves

Take equal weights of hulled-and-washed berries and granulated sugar; put these into a preserving kettle in layers, a layer of berries first; when the juice is well drawn out, set the dish over the fire and let the contents simmer twenty minutes after boiling begins; skim as needed; take the preserves out on plates, cover with glass—panes of window glass answer nicely—and set the plates in the sun; stir occasionally for two days, then store in glass jars. Some berries give a darker colored preserve than others. The fruit and sugar mixture should not be more than three inches deep on the plates. The above recipe is the one used by an expert who puts up strawberry preserves for sale. Miss Parloa, in *Farmers' Bulletin* No. 203, gives a similar recipe, but cooks the fruit and sugar over the fire but ten minutes after boiling is once established.

Strawberry Jam or Marmalade

Allow one pint of sugar to each quart of prepared fruit, (hulled and washed). Crush the fruit, add the sugar and mix thoroughly; let stand until the sugar is dissolved, then press through a fine sieve; rinse the preserving saucepan with cold water, turn in the sifted mixture and let cook slowly, stirring frequently, about two hours. If the seeds be not objectionable, the mixture may be set to cook without sifting. Store as jelly.

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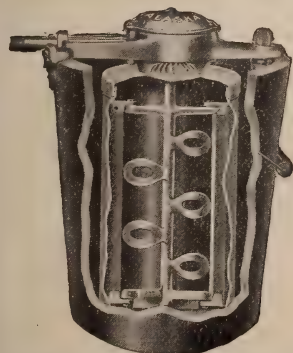
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QUERY 1735. — "Recipe for Planked Steak. How is the plank made?"

Planked Sirloin Steak

The steak should be cut about an inch and a quarter thick. Wipe the steak with a cloth wrung out of cold water. Have ready a hot broiler, well oiled, or rubbed over with a slice of fat pork. Cook the steak over the coals about eight minutes, turning five or six times. Have a plank hot and well oiled; on it set the steak, pipe hot mashed potato around the edge of the plank and dispose four or five small cooked onions between the steak and potato. Brush the edges of the potato and the tops of the onions with the yolk of an egg, beaten with two tablespoonfuls of milk, and set the plank into the oven. Turn the plank if necessary that the edges of the potato be evenly browned. This will require some eight minutes, in the oven of a coal range, and will give time to finish cooking the steak. Fill in the rest of the space with cooked flowerets of cauliflower. Season the steak with salt, pepper and butter. Dispose above the steak as many Swedish timbale cases as people to be served. The cases should first be filled with peas in cream sauce. Set a slice of cooked carrot above the peas in each case. Serve with a bowl of brown tomato sauce, either with or without mushrooms.

The vegetables served with a planked steak vary according to the season of the year. It is well to select those that are at their best when the dish is served. Thus, at this time of the year, asparagus is preferable to cauliflower. Three or four stalks of hot, cooked cauliflower, held together by a ring cut from a slice of cooked carrot, should be set in place for each of those to be served. Stuffed tomatoes may replace the cases of green peas, or both may be omitted.

Plank for Planked Steak

An oval-shaped plank of hard wood (often oak) is preferable for planked

steak. The planks are usually about an inch and a half thick. Those purchased for the purpose are made with strips of wood on the ends to prevent warping when heated. Any smooth piece of hard wood of the right size (appropriate to the meat to be served on it) might be used.

QUERY 1736. — "Kindly name a few dishes that may be prepared on Saturday for Sunday. Also tell me why the meringue on my pies becomes watery and slips away from the crust."

Dishes Prepared on Saturday for Sunday

In meats, fillet of beef, roasted, boned breast of veal, cooked in a casserole without liquid and basted with fat, occasionally, brisket of corned beef or a pickled tongue, boiled, may be served hot, on Saturday, and the remainder set aside to serve, cold, on Sunday. Veal loaf may be cooked on Saturday. At least one hot vegetable should be prepared on Sunday. Spinach cooked on Saturday may be pressed into a bowl and served on Sunday with French dressing. Old potatoes, pared and soaked some hours in cold water, may be cooked on Saturday. What are left may be heated quickly in boiling water, drained, pressed through a ricer, seasoned properly and beaten with a little hot milk and butter to a snowy mass. Thus, in less than ten minutes, a dish of mashed potatoes can be served, as good in every particular as if fresh cooked.

In sweet dishes blanc mange, Bavarian creams, boiled custard with or without snow eggs, floating island, strawberry or apricot tarts, ready for filling, fruit in jelly, as prune, rhubarb or lemon jelly; the latter served with sliced bananas, are among the many simple things that will keep in good condition in a cool place overnight.

Cause of Trouble with Meringue

An answer to this question will be found in answer to query 1726, page

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Worcestershire Holbrook's Sauce

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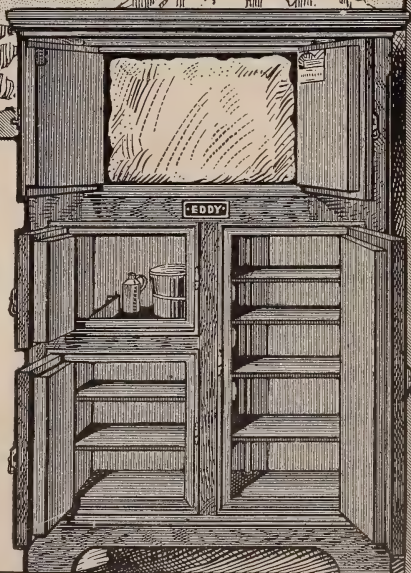
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REFRIGERATOR

xii, of the May number of this magazine.

QUERY 1737. — "Recipe for making coffee for every-day family use. Is there any objection to making coffee with cold water, and removing it from the fire when the boiling point is reached?"

Recipe for Making Coffee

On page 496 of the May, 1911, number of this magazine will be found a recipe for "After Dinner Coffee." Substitute a *full cup* of water for the half cup, given in this recipe, and the recipe for breakfast coffee results. As but little of the tannin in coffee is extracted except by boiling, we see no reason why coffee might not be made with cold water, then brought quickly to the boiling point. The volatile oil which gives the characteristic flavor and aroma to coffee is largely withdrawn within fifteen minutes after boiling begins; thus coffee should be poured from the grounds, at least, within that time.

QUERY 1738. — "Recipes for Angel and Sunshine Cakes."

Angel Food Cake

Take as many whites of eggs as are needed to fill a cup (about ten). Sift a portion of flour five times, then measure out one cup of it. Beat the whites of eggs until foamy, then add half a teaspoonful of cream of tartar, and beat until dry. Gradually beat in one cup of sugar and a teaspoonful of vanilla extract. Then cut, and fold in the cup of flour. Bake in a tube pan about forty-five minutes.

Angel Cake, Fryeburg Recipe

Beat the whites of eight eggs until foamy; add half a teaspoonful of cream of tartar, and beat until dry, then gradually beat in one cup and a half of sugar, and one teaspoonful of vanilla, then fold in one cup of pastry flour measured after sifting. Bake in a tube pan about forty-five minutes.

To bake, divide the time into quarters, in the first quarter, the cake should sim-

ply rise in the pan, in the second quarter, it should continue to rise and begin to take on a little color, in the third quarter, the whole surface should become evenly tinted a light brown; in the last quarter, the cake should settle a little. Do not move the cake during the second and third quarter.

Sunshine Cake

Make the same as Angel Cake except beat the yolks of three eggs very light, beat in the sugar, fold in the whites and the flour. Flavor with orange extract.

QUERY 1739. — "How much chocolate do you add to a sponge cake to make a dark colored cake?"

Chocolate Sponge Cake

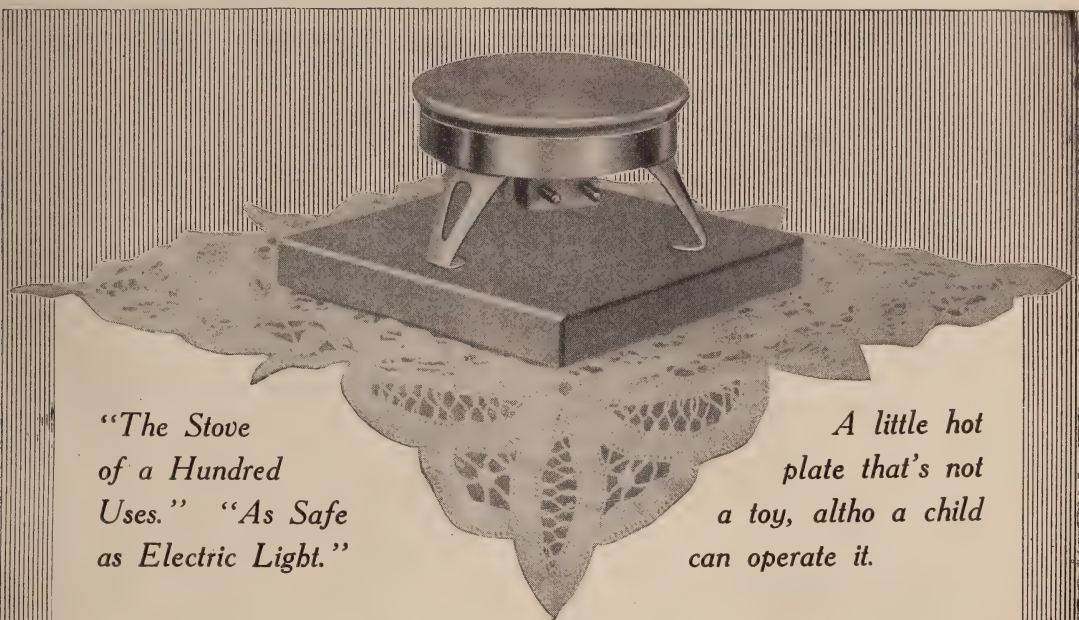
To the yolks and sugar of a yellow sponge cake mixture beat in from one to two ounces of melted chocolate or use grated chocolate or two tablespoonfuls of cocoa without melting it; then fold in the stiffly beaten whites and the flour. Flavor with vanilla.

QUERY 1740. — "Will you give the correct proportion of flour, water, salt, sugar and yeast for four loaves of bread made with compressed yeast. I would like the proportion of yeast in weight or spoonful. The yeast does not come to us in packages but we buy it of the baker. Sometimes the bread is as fine grained as cake and sometimes coarse and insipid.

Materials for Four Loaves of Bread

4 cups of water	1 cup of water
$\frac{1}{2}$ a cup of sugar	About 3 quarts of
2 teaspoonfuls of salt	flour
About $\frac{1}{2}$ oz. of yeast	

We think the trouble with the bread lies with the yeast only indirectly. Good bread may be made with a large proportion of yeast, but, the time of rising being shortened, the bread needs attention sooner than it does when a small quantity of yeast is used. Coarse grained, tasteless bread usually results, when the dough has been subjected to too great heat during the rising or has risen too much (often risen and fallen or flattened out) before it was cut down.



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This book is designed for a wide variety of readers, for the scientific man as well as for the benefit of the public, for whom it was really written; for the manufacturer and dealer in foodstuffs as well as for the purchaser and consumer. It contains a great deal of general information about food values and the use of food for bodily nourishment, and a great deal of interesting material which will be found especially helpful to the householder.

"She or he who will assimilate what Doctor Wiley has to say on the subject of foods must of necessity attain a worldly wisdom that will ever prove of great value. We need an intelligent knowledge of the things we put into our stomachs. If we knew more about such things, we would know more about ourselves."

It required about twenty years of effort on the part of those interested to get Congress to pass the Food and Drugs Act to curb unscrupulous food and drug manufacturers. Since the adoption of this law there have been few protests against its workings, though all sorts of arguments were raised in advance in regard to its commercial effects. On the whole, therefore, the law has been a great benefit not only to the consumer, but to all honest manufacturers. There have been upwards of 1,500 violations of the Act taken up by the Agricultural Department, and of these, more than a thousand were recommended by the Attorney-General for legal action. Many thousands of dollars have been imposed as fines, exclusive of court costs. Many

flagrant violations of the law were discovered, largely in the misbranding of extracts and various medicines, foods, condiments, spices, etc.; and the inspection of drugs has resulted in increasing the standard of purity, greatly to the benefit of the public.

As a source of information or a work of reference, this book must be classed among those that are of great value.

Chemistry of Food and Nutrition. By HENRY C. SHERMAN, Ph. D. Cloth. Price \$1.50 net. New York: The MacMillan Company.

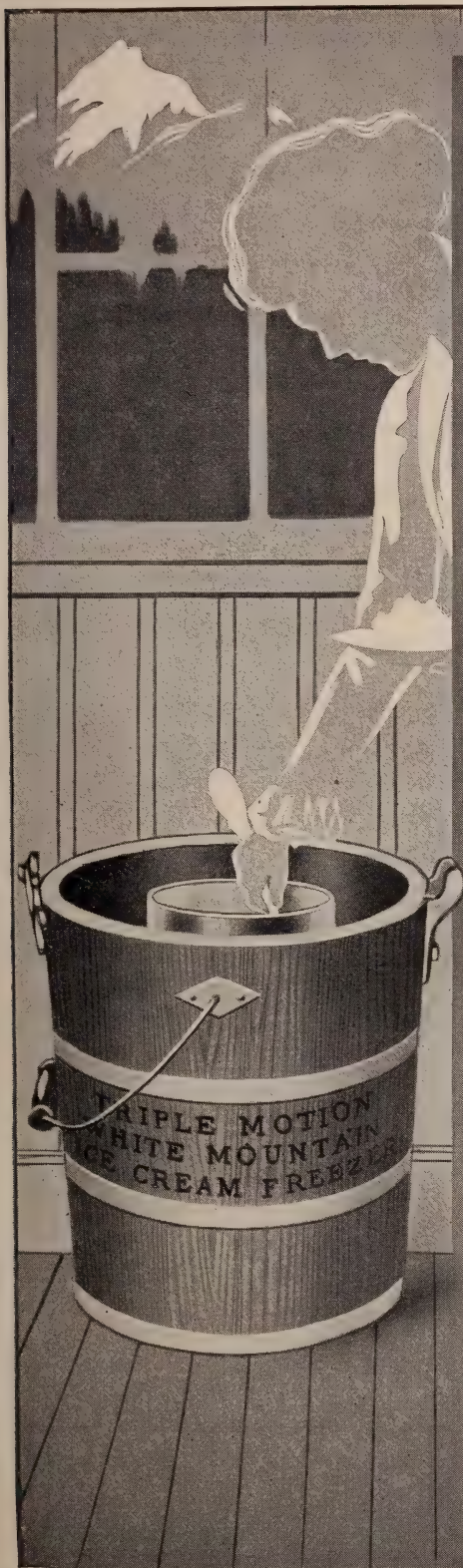
The purpose of this volume is to present the principles of the chemistry of food and nutrition, with special reference to the food requirements of man, and the consideration which should underlie our judgment of the nutritive value of food.

Even among medical practitioners, today, preventive methods are rapidly supplanting the old-time practice of administering curative drugs, and the part food plays in the activities of life is ever growing in importance.

In this volume the principles involved in the chemistry of food and nutrition



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are stated in simple and latest terms by a teacher of experience and authority. Nutrition is defined as the sum of the processes contained in the growth, maintenance and repair of the living body as a whole, or of its constituent organs. It includes all those processes which have to do with the upbuilding and repairing of the tissues and supplying them with food for their work. The chapters on Food Habits and Dietary Standards, and Iron in Food and its Functions in Nutrition, are especially interesting and valuable. To teachers, students and others who wish to acquire accurate, scientific knowledge of the chemistry of nutrition, this book can be recommended without reserve.

Selections from the Old Testament. By HENRY NELSON SNYDER. 16mo, 210 pages. Price, 30 cents. Boston: Ginn & Company.

These selections include characteristic

passages from both the prose and the poetry of the Old Testament, and are chosen primarily for high school and college use. They are representative of the various types of Biblical style and form, and in such fullness as to give a definite conception of the essential qualities of Old Testament thought and history. Each selection, moreover, is chosen with the view of producing a clear impression of the great outstanding personalities of the Bible. The selections follow each other in historical and biographical sequence, and much of the unity of the complete narrative is thus preserved. The introduction to the text furnishes a history of the Bible in English and discusses the literary characteristics of the Authorized Version.

The presentation of these selections in this form is highly commendable. The somewhat strange and unusual setting incites a new interest in Bible reading. The historical character of the Old Testament narratives becomes clearly manifest; while the pictures of the age, the peoples and their environments, and the leading personalities render the reading interesting, indeed. Of the literary style and beauties of the authorized version of the Old Testament too much praise cannot be given. These are ever worthy of constant cultivation by old and young. Well may this book be made a part of the course in English in every school in the land. When the Bible is approached from a historical and literary point of view, and its study is included in the curriculum of every school, it will be far better appreciated and its influence for good more definite and wide-spread.

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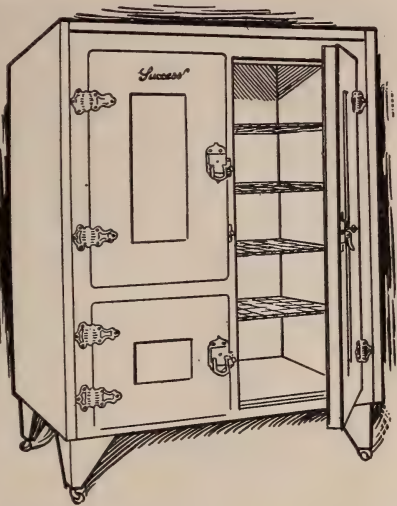
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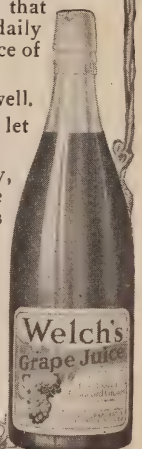
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extend her influence and to inspire future workers.

Any material, such as letters, photographs, characteristic sayings and incidents, which will help to show her personality and her far-reaching interests and activities will be very valuable to the editor, Miss Caroline L. Hunt, and should be sent to her at 32 Eliot Street, Jamaica Plain, Mass.

ISABEL F. HYAMS,

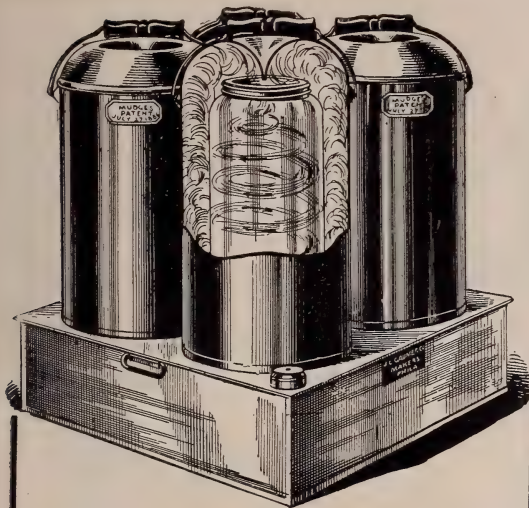
Chairman for the Committee.

THE ISLES OF THE SEA

(CONCLUDED FROM PAGE 21)

for her good American money, but she was helpless in her desire to protest, and at last, in amused silence, pocketed the money he had left her and began to retrace her steps. The second turn to the left,—no, to the right— A maze of low-browed houses seemed to encircle her; smiling, curious faces regarded her bewildered one. She turned now in clear panic to the right, glanced at her watch, saw it was four o'clock and told herself desperately that she should miss the boat. Her aunt would think that she had already returned to the vessel—that she wouldn't be missed until too late, left on this lonely, forsaken island with its chattering foreign tongue, and only a handful of change.

She was hurrying on, crying a little, from sheer nervousness, going anywhere or nowhere, when a little way ahead, before a large stucco building, she saw an unbelievable sight—an automobile. Renewed hope quickened her lagging steps, set her fairly running; somebody with sense, she told herself, must be near that machine. Her veil awry, her trim pumps grey with dust, holding desperately a basket of strawberries, she pushed forward to the steps of the hotel almost sobbing, "Can anybody here speak English?" Then she leaned back for support against the automobile of hope, telling herself that all her worry



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had turned her poor brain, for she was holding, as if she would never let it go, the hand of the man she was trying to forget. He seemed a trifle breathless; trim, brown—she remembered later that the dominant thought in her mind was how amazing clean he looked—towering above the dingy, puny natives.

"You," he said, "you!" Then in his old direct way, "Of course you came off the liner out there," indicating the black bulk lying amidstream high up out of the water.

"I'm boarding her, too, and we haven't any time to lose." She nodded,—speech was as yet beyond her,—and was presently aware that they were seated in the automobile, his luggage piled ahead of them, and that he was still holding her hand. There was the hurried transit through the rough blue water; they were the last comers up the slippery staircase. The passengers crowded to the rails, eager for the last bit of sensation. They seemed to enter a stage, the chief actors in the final scene of a play.

A rowboat filled with fruit was bobbing up and down close to the big liner, while natives, whose brown, hard feet were balanced on the uncertain sides of their craft, were handing in their wares under the superintendence of the head steward.

Marion's aunt met her with a pallid face. "Whatever became of you? I just found you weren't on board, and I've been frightened nearly to death—" She broke off suddenly, as Marion introduced her companion, and she looked in amazement at the transformation in her listless niece. This radiant, glowing girl, whoever could have worried about her health! The man was coolly oblivious to the interested onlookers. "Just come out forward," he said quietly to the girl, "I want to talk to you."

She followed silently. What had she meant to do, when she met him? Where was her carefully worded phraseology? It was out of her hands; let him manage for them both.



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The vessel was moving smoothly, skirting the red-brown coast, the change-ful panorama was fading a trifle; out here with him, it was so strange. "Tell me," she began, "how did you happen to be just there when I needed you so?" Her voice broke.

"Me? Oh, our firm sent me out; we're installing a plant there. I went right there from the mountains; I've just finished."

The wonderland was fading, the island drifted away, the lighthouse on its farthest point whirled swiftly, showing red, then green, lights. Against the yellow glow of the evening light two figures stood out sharply. A man doing self-inflicted penance, ten times around the deck before dinner, smiled sardonically as he caught in passing the tense, eager voices: "A letter—it never came—" "Nothing matters, now, only this, why we—" Around once again, the onlooker glanced at the two on the forward deck, then turned away. "Who said this boat was bound for Naples?" he remarked, grimly, addressing the vanishing lighthouse. "Not a bit of it; judging by those two, it's headed straight for Arcady."

Conceited

A well-known divine was preaching one morning on the subject of the great and the little things of creation. To illustrate his thought that nothing was too great or too little to be of interest to God he proceeded with these words:

"The creator of this immense universe created also the most infinitesimal atom in it. The architect of these vast mountains fashioned also the tiniest thread of gold running through them. The God who made me made a daisy."

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For a time the king devoted himself to his conversation and his salad, regardless of the voice which kept calling, "Grandpapa!" At last compelled to pay attention to the interruption, the king uttered something about little boys who should be seen and not heard, and the rebuke silenced the prince.

When the meal was over, the king turned to his little grandson, and said:

"Now tell me what you want."

"It is too late now, grandpapa."

"Why is it too late?"

"Because I only wanted to tell you there was a caterpillar on your lettuce."

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Rose plot,

Fringed pool,

Ferned grot—

The veriest school

Of peace, and yet the fool

Contents that God is not—

Not God! in gardens! when the eve is cool?

Nay, but I have a sign:

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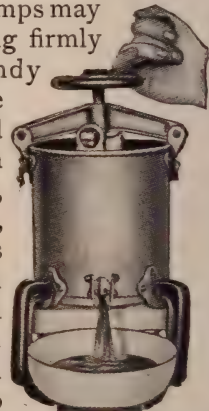
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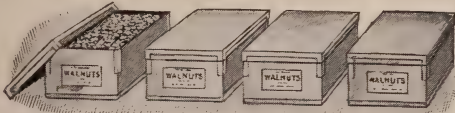
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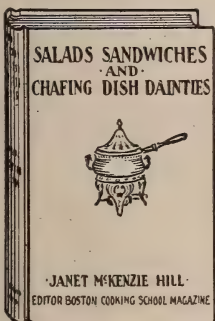
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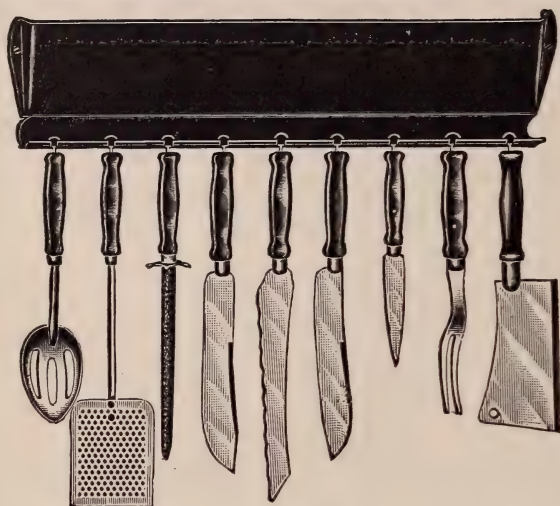
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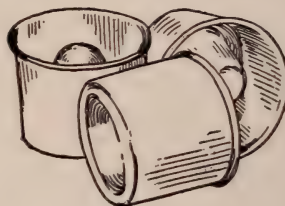
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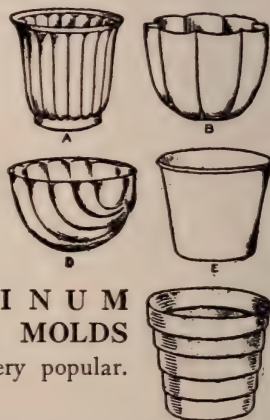
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Vol. XVI

JUNE-JULY, 1911

No. 1

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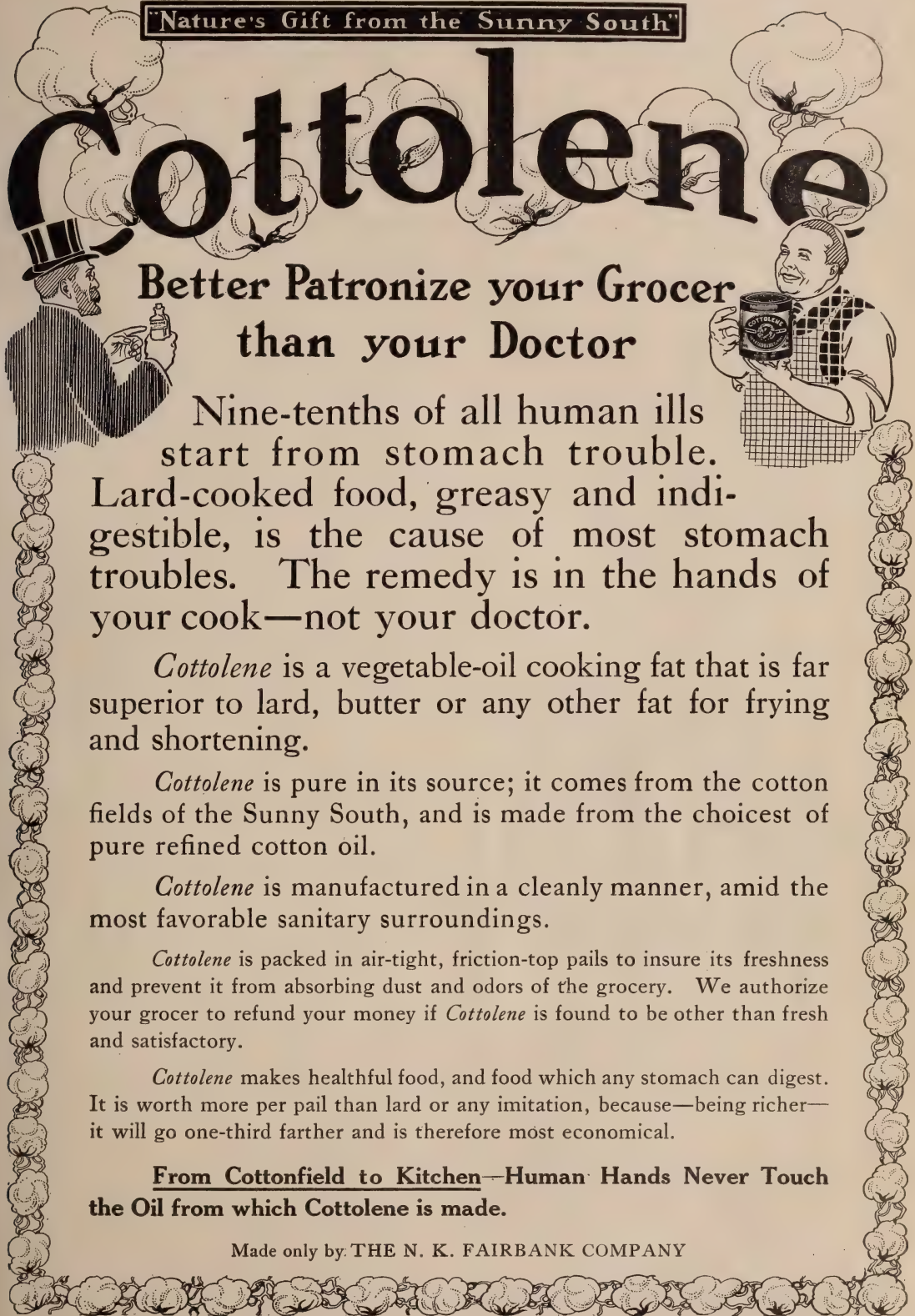
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III

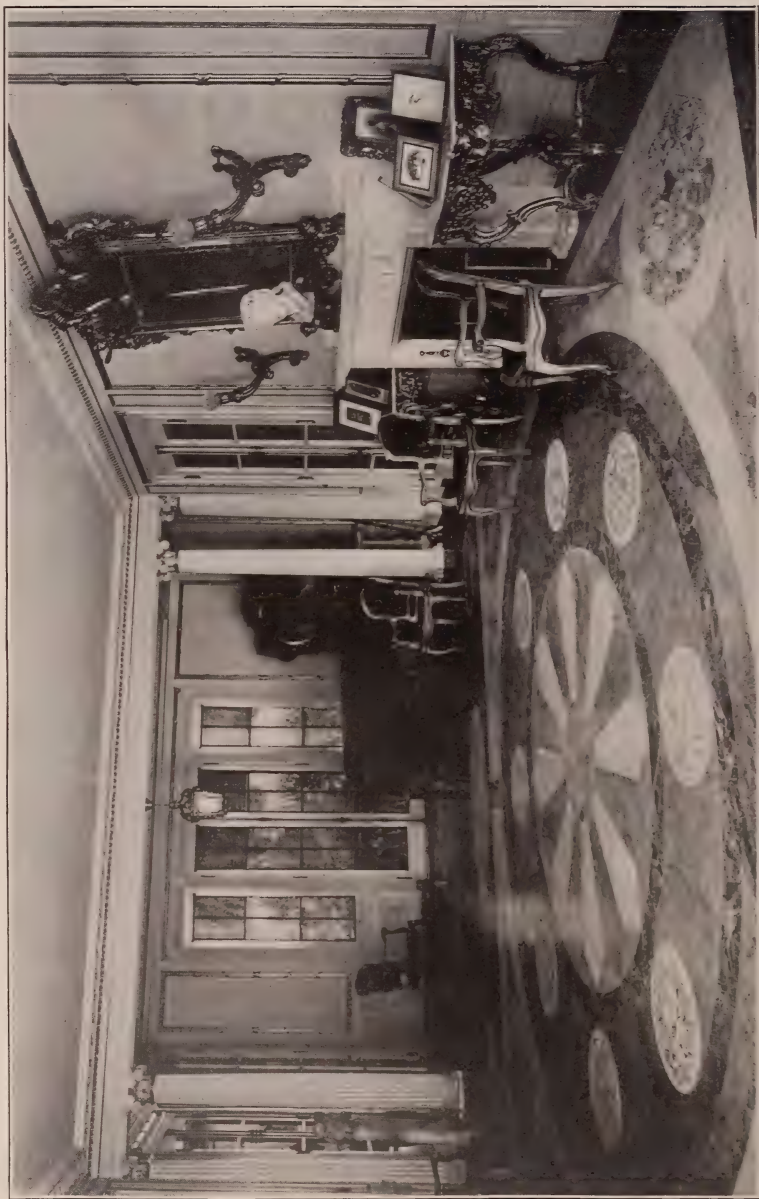
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V

Chicken Salad in Chou-Paste Cases
Olives. Salted Nuts
Sponge Cake
Ginger Ale, Frappé



IN MODERN STYLE

The Boston Cooking-School Magazine

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No. 2

Colonial Chairs

By Mary H. Northend

IN early Colonial times, it was not customary to have more than two or three chairs in a house. Our people followed the English custom of their day, and sat upon stools, or upon benches, which they called "forms," and which presently developed into the high-backed settles.

The middle of the seventeenth century saw chairs come into more common use. They were of strong and solid frame, with seat and back of durable leather. The legs and stretchers were often plain, but sometimes both legs and back posts were turned.

The "slat-back" chair was the kind most commonly in use from 1700 to 1750. The number of slats in the back varied from two to five; the shape varied also; and one firm in Pennsylvania made "slat-back" chairs in which the slats were curved, to fit the figure and furnish a more comfortable support to the back. Benjamin Franklin fixed one of these arm-chairs upon rockers, and so invented the first American rocking-chair, and set a fashion which has never been permitted to pass away. The very earliest style of rocking-chair, which did not



WINDSOR OF 1820



EARLY CHIPPENDALE

much antedate our Revolutionary War, had rockers that projected as far in front as they did behind, and may be known by this peculiarity, since manufacturers of later styles soon found and remedied this defect.

Contemporaneous with the "slat-back," but never equaling it in public favor, was the "banister back" chair. This belongs to the period from 1710 to 1720. Its seat is of rush, as was true of most "banister" chairs. The "fiddleback" Queen Anne belongs to the same period.

The Dutch chair was in use about 1750, a little later than the "slat-back" and the "banister-back," but still contemporaneous. The characteristic Dutch splat was sometimes severely plain and sometimes pierced and curiously carved.

By this time, easy chairs formed a part of the ordinary bedroom furniture, and were very cosy for use in the living-room, as the high back and sides kept off the draught in a room heated only by the fireplace. Owing to the amount of material used in stuffing and covering, the cost of these chairs was unusually high. Inventories set their value at from one pound to ten, according to the style and the fabric used in upholstering. A type in vogue during the first half of the eighteenth century is the well-known Windsor chair. This style originated in Philadelphia about the year 1730, and was said to derive its name from the English town of that name. The story goes that the reigning George of that time, who must have been the second of his name, saw in a shepherd's cottage a chair of this pattern. He bought it, and had others made after the same style, thus setting a kingly fashion.



LATER CHIPPENDALE



MARTHA WASHINGTON

I know not whether he had his chairs painted green, but the Philadelphia manufacturer who introduced the type into our own country certainly did so, although few have kept their original coloring.

Windsor chairs continued to be made and sold far into the Nineteenth Century. Having so long a season of popularity, they came to exist under various patterns, as "fan-backs," "comb-backs," and even Windsor rockers. The earlier varieties can easily be distinguished from the later, by their having only three "rungs," but rockers did not come into general use before the Revolution, while many of the three-rung chairs belong to a date prior to 1740.

About the middle of the eighteenth century, a great and important change befell cabinet-making. This change, which affected chairs even more than it did other furniture, was brought about

by the fact that for the first time English cabinet-makers published books of furniture designs, which were copied by the best artisans on this side of the water. Chippendale issued his "Gentleman's and Cabinet-Maker's Directory" in 1754, and a smaller work of similar nature appeared the year before. Hoplewhite brought out his book of designs in 1789; and Sheraton published a similar collection in 1791. These three names lead in production of chairs, although some fine designs were also published in 1765 by Robert Mainwaring and by Ince and Mayhew; and in 1773 the brothers, Adam, followed their example.

Of all these names, that of Chippendale easily leads, and was considered



TURNED WORK, 1680



HEPPLEWHITE

supreme authority for thirty years. A chair seems to have been his favorite piece of furniture; and for its design, he blended the finest points to be found in the French, the Dutch, and the Chinese patterns. The result was a masterpiece, in which we have some of Chippendale's best points, as shown by the broad seat, the bow-shaped top rail, the arms with their well-known curve ending in scroll work, the absence of stretchers, the ornamentation confined to the front legs, while the back legs are straight and plain, after the fashion of the Chinese. The splat back and bandy legs are copied from the Dutch, but the ornamentations of the splat is modified from Gothic forms. The full curve of the bandy leg terminates in the ball-and-claw foot, which was so commonly used by Chippendale and his imitators, although his

published book contains not one example of this style.

Another illustration shows the same characteristic of back and seat, combined with the square Chinese legs which he so often used. Much of his work was done in mahogany, which was the favorite wood in his time. His skill was displayed in wonderful carving, derived from varied sources, but resolved by his taste into one harmonious whole. The effect is so perfect that his furniture needs no further enrichment by inlay or painting. Not only are his chairs truly serviceable, but the workmanship and carving are complete in rich effect and beauty of detail. The ornament on the cabinet legs and frames is as delicate as that in the backs, while the proportions of both are equally well balanced.

When Hepplewhite issued his book



LATE SHERATON

of designs, in 1789, his light and attractive patterns quickly caught the popular fancy. Less strong and durable than those of Chippendale, they had beauty of form and wealth of ornament, as Hepplewhite used not only carving of the most delicate and exquisite description but also inlay and painting, and he introduced japanning, after the style of Vernis-Martin work.

A typical Hepplewhite chair is shown in one of our illustrations, with its shield-shaped back, adorned with carvings of feathers. These three feathers, representing the crest of the Prince of Wales, were much in evidence during the illness of George III. Hepplewhite must himself have belonged to the Prince's party, and the movement in favor of this party must have been immensely popular, to judge from the frequency of the feather ornament in the works of both Hepplewhite and Sheraton. The shield-shaped back is one of the distinguishing marks of a Hepplewhite chair, although he sometimes adopted those that were oval, heart-shaped, or even square. They are very delicate and graceful, and those that did not show the three feathers

were decorated with carved drapery, with wheat-ears, or with bell-flower. Haircloth had now come into use for covering the seats, and in many specimens we find the edges finished with brass-headed nails.

The Sheraton chair is of the design sometimes called the "Martha Washington easy chair," because such a chair was owned at Mount Vernon. The general trend of public fancy was now toward light and elegant forms, with very showy decorations. Sheraton exhausted other forms of ornament, and then indulged his fancy for brilliant coloring in the most gorgeous painted decoration, mixing it with both inlay and carving. He then passed on to white and gold, in French style, and finally to the brass inlay of Napoleon's day. Cane work was again used for seats, and varied by coverings of needlework, of morocco, or striped and variegated horse-hair, of damasks and fine printed silks, as Dame Fashion decreed. The curved piece, which Sheraton introduced about 1800, remained the favorite chair-pattern for a century, although it lost the brass mounts which he intended.

Shopping and Marketing in Russia

By Mary Gilbert

AMBITIOUS though a Russian merchant may be, he never dreams of enlarging his shop. With the acquisition of capital, he opens another place of business, until he may own a dozen small shops of similar nature scattered about in different parts of the city.

As few buildings rise above a height of three stories, the style of architecture alone would doom the great department store, but high-born Russian ladies are far too indolent to let walking play much part in their lives. No great stores with

leagues of aisles for them, but cosy little shops, where a dozen steps will take one to the farther end. Very few of them occupy any space upstairs—the ground floor alone is devoted to business, while the space in the story or two above is utilized for dwelling apartments.

This does not mean, however, that the selection the shops offer one is small. They specialize so closely that each carries an excellent line of the style of goods it elects to handle.

The delivery system is still in its infancy, for every Russian lady has her



AT FIRST SIGHT MOSCOW APPEARS TO BE A CITY OF CHURCHES



MARKET SCENE AT RIGA

carriage, and never thinks of going abroad without it. If you request to have goods sent, the clerk will always assent, although, perhaps, with a look of surprise at the idea of your being a-foot.

By-and-bye a peasant boy saunters leisurely up to your door, carrying your purchases in a basket on his head. Human labor is far too cheap in Russia to be rivaled by horses or electricity.

A very limited knowledge of Russian enables one to shop in comfort, for no native ever smiles at one's errors. French or German is spoken in most of the shops, the former, as a rule, indifferently, the latter well. Beware, however of the clerk who speaks English, unless you enjoy seeing a fellow creature entangled in the meshes of our intricate language.

The higher class Russians learn English in the nursery, and speak it remarkably well. The merchants' children seldom learn more than German, devoting themselves to French and English in later years, as they grow ambitious in a business or social way.

Wishing to acquire the coveted knowledge as cheaply as possible, they often concern themselves rather with a teacher's price than with his qualifications. An Irishman with a decided brogue once made quite an income giving English lessons in St. Petersburg. The Scotch and Cockney dialects are by no means unknown, and the effect of their combination with the Russian accent must be heard to be appreciated.

The business section of St. Petersburg is scattered over a much larger area than in any of our large cities, but most of the best shops are found on the Nevski Prospect or the Great Morskaya. The cumbersome horse-cars in use when we first went to the capital were recently replaced by swifter-moving electrics, but in other respects the city has changed very little in the past twenty years or more.

At first sight Moscow appears to be a city of churches, but even saints must be

fed and clothed during the years of their earthly pilgrimage, so shops are to be found on every hand. They are more oriental in character than those of St. Petersburg, and if possible still more delightful. Such rugs and tapestries as they exhibit, such jewels and embroideries! If ever one experiences the joy of having money, it is when such goods as these are offered for sale.

Satisfying though the shops are to the average tourist, the resident housewife must concern herself also with the market. Although a rouble seems almost like a dollar on shopping expeditions, it shrinks to fifty cents when one brings it to market, and sometimes seems even smaller than that. What it purchases, however, is so eminently satisfactory that one soon learns to forget to count the cost.

Vegetables and fruits are, as a rule, rather high, but their quality leaves little to be desired—unless one's taste runs to peaches and tropical fruits, which have to be picked so very green as to seem dry and flavorless when they come to the table.

There is a tiny fruitstand by every bridge, and these, with the great army of peasant hawkers, are patronized by all whose incomes do not encourage their trading in the higher-priced shops. Berries and small fruits are sold by the pound, so the high-bottomed basket, that plague of the housewives, is unknown in the Russian markets.

The peasant hawker with a great tray or basket of goods on his head plays an important part in the housekeeper's service. Fruit and game are his specialties, and a little shrewd bargaining gives one the latter at remarkably low prices. Fish, too, are brought to the door almost every day, especially during Lent and the three other long fasts.

Very little home baking is done in Russian cities, so bakeries are far more numerous than with us. The poorer classes buy their bread by the pound from immense round loaves, black for

everyday use, coarse white for holidays. The well-to-do favor small French loaves and a better quality of black bread, which is relished by all classes. Rolls of all kinds, cakes of every size and variety, and immense numbers of tarts are sold, but one looks in vain for Yankee pie and doughnuts, which are unknown among the subjects of the Tsar.

The markets in the provincial towns are very interesting, especially in the Baltic ports. Here more of the venders are sturdy peasant women, who bring their supplies to the market at dawn.

Sometimes they trudge along the roads, bearing great baskets of supplies on their heads, again they sit in quaint old carts, guiding their spiritless horses. They seem to thoroughly enjoy the dickering and bantering inseparable from a Russian market, and shrewd indeed is the purchasing housewife who gets ahead of them in a bargain. Old umbrellas shield them from the glare of

the sun, and they sit in their places on the ancient pavement until their stock disappears or night overtakes them.

The vender of souvenirs is much in evidence in Russia, particularly at the summer resorts. The features of Peter the Great on a Russian flag constitute one of his most popular offerings, but there are other trifles in abundance with which to tempt those having no especial preference for Russia's best known monarch.

The cheap and nourishing sunflower seed is the Russian's substitute for our popcorn and peanuts, and even the American girl almost forgets to sigh for ice cream soda when sipping cranberry kvas.

While both the Russian shops and markets lack many articles dear to Americans, they are usually able to sell something "just as good" to all but the most finical patrons.

Reopening the Summer Camp

By Mrs. Charles Norman

BLESSED is he who has a camp to open! No matter what it cost, it was a bargain. Savage men live in rude buildings or tents all their days, and I suppose it is because we are descended from barbarians that we now and then sigh for "a hut in some vast wilderness!"

"Oh, that we were savages!" But we are not! We have attained civilization and must live up to it. We have taken it for better or for worse and must be true to our contract. Hence it is only once a year—or maybe not so often—that we persuade ourselves that we may righteously get away just long enough to recover. We are so egotistic we think the world will have a hard time getting along without us.

Emerson says: "When my genius calls I forsake father and mother, and

follow my genius." Last week we were sure—positively sure—our genius was calling. At least something was, and nothing but Genius would have been equal to the task of getting us out of the city. There was the office work, never more urgent; the aid society that might perish for want of us, the sick neighbor whom we did not wish to leave, and the little home place with no one to keep it up or guard it against vandals—and vandalism is also a part of our civilization. (Indeed, vandals seem to thrive in the very centres of culture.) Then there was the need of money which we might save by staying at home. The need of money! Ah, that wolf forever gnawing at our vitals! If Mr. Carnegie only knew us—knew our situation and our pre-eminent respectability—he would furnish us forth. One of our company

once saw that great dispenser of money, sitting in a sheltered nook on the deck of a steamer in mid-ocean. It would have been an excellent chance to lay our case before him, for he would have been cornered, with no means of escape, save in jumping overboard; but the unthinking traveler let the opportunity slip.

Nevertheless, we were going to camp. We were going—"the Lord willing"—and we thought He was. That Divine Power—previously referred to as "Genius," had manifested itself and we were going whether it was "wise" or not. There are times when it is not only courageous, but righteous to be indiscreet. (This remark is for people past forty years of age. Let no youth throw it up to me.)

So, in spite of seeming impossibilities, we left the city—"nor cast one longing, lingering look behind." And now here we are at Pick Up Cabin and the evening and the morning are the first day! At twilight of this first day I put these words upon paper. We built this cabin two years ago. The expense was not great. No architect was needed. The man for whom the structure was put up cooked for the carpenters and when he wasn't cooking he was driving nails. I dare say he was as awkward at one job as the other—though he had driven a few nails when he was a boy. It was no wonder the men hastened through and that the sound of the hammer did not long disturb the stillness of the woods.

The land the hut sits upon is not our own; it was loaned. There is not much reason to suppose that the owner could sell it if he wished. He thinks he will never care to sell. If he should conclude to use it, we will just give him the house.

You might think it was not much of a gift. Some people "sorter" grunt and do not say much when they see it or a photograph of it. Oh, yes—we had its picture taken first thing; we felt so

proud! One woman said: "Dear! It looks so lonely!" as if that was not just what we desired! Another friend asked if we weren't afraid to stay there,—but we are not, for we have screens to keep out bears and wildcats and savage beasts of all sorts. I told her that and she shuddered.

We really arrived at this spot last evening, but being furnished with such feeble luminaries that we did not care to work after dark, we "aired" the house, set up cots, collected some fire-wood and retired before daylight was gone or we had need of a match. Our decision was that each should rise when he got ready, and we imagined we should sleep late, but we were roused by the light of day and the noises of the various wood-folk. We felt refreshed, and so happy in the novel situation that we could not sleep more. I, for one, was afraid of missing something in the outdoor pageant.

I remember once I was entertaining, in a country place, a sweet young miss of fourteen years. I asked her to keep a journal; for to me the world was full of beauty and wonders. My little friend had leisure for observation and writing and I expected great things. One day, when we had found such a glorious patch of white violets and I was feeling jubilant, I looked into her book to see what she had written. Her record was: "Nothing doing."

This girl was waiting for opportunities, but did not recognize one when she saw it. But I am not discouraged. Fourteen is very young; I will bide my time and when the dear little lady reaches the sublime age at which I have arrived, I shall invite her to Pick Up Cabin, and I feel sure she will rise early, as I do, "for fear of missing something."

Our first thought always is to get out of doors. Breakfast, taken inside, because of the dew, is, therefore, an impertinence, though we are hungry enough to eat most anything. We brought our fireless-cooker along and our porridge was waiting for us when we got up. It

was necessary, however, to take a walk of a half mile to get milk—for the family is not educated up (or down) to the point of canned milk. This excursion the children were eager to make—the adults likewise, so all of us went. Incidentally we renewed our acquaintance with our “neighbors,” men, women and children, dogs, horses, cows, etc. (*And so forth* includes a good many creatures.)

After breakfast father and the children made a dam for the little stream, and when that was completed we did our washing. The dipping of the linen is a daily process up here, like making our toilettes; and no more trouble. The wet garments are hung upon bushes to dry. I wonder, I have always wondered, why it is that clothes dried in this way give a suggestion of sweetness, with never a hint of “civilized dirt.”

While the domestic affairs were going on, there was also in progress the cutting of new paths, for the year’s growth had quite obliterated the old ones. Weeds, brakes, and brambles; wild roses, geranium and clematis; the beautiful and the unbeautiful—how they fell before the brush scythe! Possibly the wholesale slaughter ought to have been avoided, for one has only to pass a few times over any one route, till a path is formed. However, it may still be a wet and thorny way and a hindrance to daily pursuits.

Just before the noon-time repast the family assembled on “the big rock” and had a reading. It began with Scripture and a sort of “praise meeting”—for “in this mountain the Lord of hosts had made unto His people a feast of fat things.” After the Bible reading we had some pages from Mabie’s “Under the Trees.” The writer had been complaining that something wrong was in his house, and ought to be ejected; but he decided it was himself, and so he was ejected, lived awhile out-of-doors, and righteousness was restored.

Appetite being a fine sauce, our din-

ner tasted good—though it was not what a camp dinner should be. Our “boys” have not got established in fishing, hunting and trapping. The younger boy—his playmate is past forty—says he could have caught a fish this morning when damming the stream, but he was not quick enough. He “did not dare hurry because it is against the rules of the camp to hurry.” Small boys are clever in making excuses for not doing things.

After dinner we had a forage for stove-wood. We might, by walking a little further, pick up coal on the railroad track, but that is too much like “civilization”—a very slummy sort.

Following our tramp, there was another assembly on “the big rock,” and we read more from Mabie. Before we go home we *wish* to read Emerson’s *Nature*, *Mid Summer Night’s Dream*, Wordsworth’s *Ode*, some of Shelley’s out-door poems and bits from Thoreau. Interspersed with these we hope to enjoy one of our household favorites—Bradford Torrey—that dear young Massachusetts gentleman of three-score-and-ten years—who is such an enthusiastic walker and pleasant talker.

Perhaps we shall not read so much as we think, for “the big rock,” even with a rug over it, is not like a Morris chair, and if it were we should not care to sit long at a time, when there is a chance to learn from Nature direct. We want the books only to open our minds and hearts and prepare the way; then we shall go outside for the sweeter knowledge and the truest.

City people who have never camped wonder how we can get along with so little furniture and in such small space. Well, for one thing, we ourselves become very insignificant when God is so near; and then we really do not dwell in the cabin, but in the universe. The hills and trees and streams are our furniture and the sky by day and night is as familiar as our city dooryard. To stay inside the cabin when we can as well stay out, is a misdemeanor, pun-

ishable by fine.

As I told you, we have been here but twenty-four hours; but I have recollections and I know we shall not fail to get this rich inheritance. What dynamiters have done to-day or what daring aeroplanist has broken his bones, we do not know. If anything is wrong with the

world, we are not aware of it.

We had a little shower late this afternoon and now the clouds have put on their freshest, loveliest tints. Matthew Arnold defines religion as "morality touched with emotion." If this definition be good, we are the profoundest of worshippers.

August

By Forbes Allan

There's a beam on the fields, there's a haze
on the hills,
There's a twinkling light on the slow-flowing
rills
Near the birch-circled pool where the brook
lies asleep,
And the lily pads rest on their stems in the
deep.

On a moss-covered bank, where the wood
flowers drowse
I told her my love 'neath the o'erhanging
boughs,—
'Twas only a whisper—a sigh—a long look—
Oh, 'twas heaven down there by the mur-
muring brook!

Now 'tis summer, and now the brook rushes
along
By the moss-covered bank with a gurgling
song.
My bait's in my basket, my line's by my side,—
What matters spurned love and a boy's
slighted pride?

Dress, Diet and Debt

By Kate Gannett Wells

AS colleges, newspapers, magazines and clubs make us familiar with the necessities and eccentricities of dress, diet and debt, the time will surely come when two of these factors will work automatically and one not at all. Then what remaineth of the first and second in the curriculum of personal experience will be known only by beauty of proportion and adaptation to circumstances. Though Ruskin may have been wisely indignant in his lifetime that these three problems were not included in the "Political Economy Studies" of Oxford and Cambridge Universities, he surely would have protested against their assuming a collegiate importance out of all proportion to their academic value.

There is no surer sign that the School

and the State are taking the place of the Home and Parents than that such subjects are now treated outside of the Home and of the confines of common sense. Surely there are too many ideal values in education, to be balanced against industrial training, for these home virtues to be awarded so much space and time. The low tuition fees in private, special schools of cookery and household arts and the many free philanthropic classes in these subjects are, meanwhile, offering large opportunities for thorough training in housewifery.

And thus, because there are thousands of homes unfit to take the place of guides and mentors and because each one of us must dress and eat without getting into debt, we rejoice that children are taught to sew and cook by expert teachers and

that in due time an excellent heredity will take the place of specialization. It is the unseen handing down through inheritance of personal skill in making bows or biscuits that best justifies the number of hours given to these subjects in public schools. Still an old New Englander will always believe that no bread is equal to her mother's and a French woman that no other nation than hers can originate such tasty knick-knacks in dress.

Yet to elevate dress above its mechanics we have to get beyond its passing phases into its eternal verities and then, having individualized it for our many separate selves, to make permanent, each for herself, her own style. Just because we do not dare to wear what is most becoming, if it chances to be against the decree of the moment, a Merry Widow hat to-day and a Quaker Girl bonnet to-morrow, without regard "to the tilt of noses," we adopt fashion and lose ourselves. Thus above the art of sewing rises love of beauty, gained from noble study of noble lives and pictures, until the art sense dominates our lives, however limited may be our means to attain unto the beautiful, for which not money but heart and taste are most needed.

It is in this manner that many of our schools are doing far-reaching work through instruction in dressmaking. Girls are learning to design as well as to sew. Or if the bizarre is concocted, the indulgent smile of the teacher, caring for simplicity of line and for harmony in color, corrects the pupils' vagaries in taste. Alas, for them, if the teacher is bent on originality!

And that clothes make for character is true from prison stripes to the garment becoming dress, since she found it ments of the hostess who gave away her "really impossible to behave quite nicely in it."

Diet, from fads to decorated foods along the lines of nutrition, looms up and is actualized, all that culinary taste and science, hygiene, wealth and economy

can devise. Fortunate again for the future is it that cookery has become a common every day branch of instruction, though the babies of our playgrounds and alleys still show how much remains to be acquired. We are learning to respect our digestive powers and to adapt ourselves to their demands just as we do to the inexorableness of our household machines. There is no profit in getting angry with our sewing machine nor with our diet. That the Prussian general, Bismarck, could eat fifteen plover eggs and a hundred and seventy oysters at a single meal does not disprove the need of moderation in appetite. Yet so strong is the craving for good things to eat that the earliest forms of children's selfishness are often seen in regard to cake and candy.

Perchance, it was not always so, for the story goes, that a certain grandfather, when asked at a family dinner if he liked the chicken's wing, replied, "I have never tasted it. When I was a youngster it went to our parents, to-day it goes to our children."

Food and its preparation are as good tests of national as of individual character. The total cost of the first Independence Day dinner, July 4, 1776, partaken of by General Washington and his staff, was, excluding wines, one pound, thirteen shillings, eleven pence. The yellowed records of the Treasury Department give the menu as "Loyn of veal; roasting piece of beef; cabbage, beets and beans; peas; potatoes; black-fish and lobster."

Curious is it that the Anglo Saxons, who, being chiefly dependent upon vegetable diet, gave the names to our bread, peas, beans, eggs; and called their living animals oxen, calves, sheep, pigs, deer, found that the flesh of those animals, when prepared for the tables of the Norman castles, was designated by Anglo Norman names, such as beef, veal, mutton, pork, venison. The Norman names without the Norman appetite still remain and our diet is, after all, but

variations for the better on those of our ancestors.

And as for debt, a problem Ruskin would have had colleges solve, its personal solution would not be so difficult, if we limited our wants to our means. It is improvidence and recklessness, the desire to "go it one better" than somebody else, which is the cause of most debt. It is the weak chivalry of loans to others, when one has a family of one's own to support. It is too early marriages because one has neither the patience nor the energy to wait. Never borrow; never buy on the instalment plan, go without instead; never treat, if one has to go into debt for it or to deprive one's own family of their rights; incur no obligations which one cannot fulfill and do not rely too much upon

health as an asset in paying back, since the sense of indebtedness weakens strength. Of course there are exceptions to all rules saving, only, that the best rule for one's self should be the inescapable one of never to run into debt.

Ruskin was wise, after all, in his selection of his three Ds, for it is extravagance in dress and diet that brings on debt, a devitalizing, harrowing process. Without debt and with plain food and simple, pretty dressing, the "Gospel of Spring" is ever with us, as the ethics of dress and diet prevent the burden of debt. Then does the reserve power that we all desire grow within us as we apply sturdy, logical common sense to our imaginations and desires.

Quince Preserves

By Josephine Page Wright

ROBERT writes to Gordon.

My dear Bennington,

Because you have never ridiculed my interest in occultism, I come to you with a request that I should hesitate to present to any other of my friends. I have been for the past year studying more deeply than ever and I believe that I am upon the eve of discovery. That I have unveiled the mystery of so-called materialization I am convinced. With satisfactory conditions and ideal environment, I can, I feel sure, at will, throw upon the screen of our material plane pictures which now exist only in the astral. Briefly, I desire to occupy your summer home on The Island for a month, alone and undisturbed. I am a tidy housekeeper and give you my promise to return to you your property in excellent order and to leave behind none of my silly ghosts to haunt it.

Cordially,

Robert F.—

Gordon to Robert.

Dear Robert,

Here's the key. Fire ahead with your seance. Help yourself to the contents of the store room, if you run out of provisions. Spare the quince preserves, however, as I am especially fond of them. I am not going to tell Amy, as she would want to send down a retinue of servants to air mattresses and do over the bed linen. Of course you want absolute privacy. Let's hear how the spook factory works.

Gordon.

Virginia to Amy.

Dearest Amy,

I'm in trouble and I'm coming to you for help. My stepbrother, vulgar always, has become intolerable since the reading of mother's will. I have left his house and sought refuge with our good friend Elizabeth. But he has followed me here and, last evening at dinner, made a scandalous scene. I cannot subject my

friends to his presence and vulgarity and, moreover, I seem unable to escape from them myself. Let me have the key to your summer home on The Island for a week or two. He will never think of looking for me there and he is insanely angry enough to do anything. Don't tell Gordon or any other living soul. Men always mess things so. I am not a bit afraid and shall find some way of letting you hear from me every day.

Lovingly,

Virginia.

Amy to Virginia.

You dear goose,

Of course you may have the key (it's the one to the screen porch entrance. I cannot find Gordon's key anywhere and I cannot ask him for it.) However, I am dreadfully afraid for you and, unless I hear from you every single day, I shall come down at once with much misgiving and many policemen to look for the murderers. You will find canned fruit and vegetable, tea and coffee in the store room. Be sure to take bread-stuffs and butter, condensed milk and tins of biscuit. But I do not like the plan. Come to me. I promise you shall not be annoyed by any man. If you had taken my advice and married that idealist of yours, you would not have to hide like a rat in a hole.

Yours, provoked,

Amy.

P. S.—Don't eat all the quince preserves. They are Gordon's favorite sweet.

Robert to Gordon.

Dear old stand-by,

I am delighted with conditions here on The Island. I am as snug as a bug in a rug. Had a peculiar experience last night—psychic, but not particularly interesting in that way. Simply a case of sleep walking. I am sleeping all day and studying and experimenting at night, inasmuch as darkness is the better time for testing my theories. Before going

to bed yesterday morning I went over the house, looked through the store room and pantry and decided that my first meal of the night (naturally I cannot designate it by the usual term) should consist of a glass of quince preserves and a plate of my favorite biscuit, tins of which I brought along with me. This must have been uppermost in my mind when I retired, because this evening, when I awoke and made a hurried toilet, I found, upon entering the dining room, the breakfast table set for one and a glass of quince preserves and a plate of biscuit waiting for me. The daintiest of linen and china had been used and a tempting roll of butter was hidden on a plate under a napkin. Of course I had done this in my sleep. Everything was carefully arranged, much more artistically, in fact, than I could have done it, had I been awake. This fact, however, is not surprising as we psychologists understand that the subconscious mind is capable of much which, for the conscious mind to plan, would be impossible. Nevertheless, the strangeness of the episode did not frighten away my appetite and I ate heartily until every crumb of the biscuit, knife tip of the butter and spoonful of the jam was gone. Whereupon I washed my dishes, cleared the table and resumed my studies in the library. You understand, my dear friend, this is narrated as an interesting adventure and not because it is an unusual psychic phenomenon. I am preparing for my final test and may have something worth while to relate in a short time. Adieu,

Robert.

Gordon to Robert.

Dear Bob,

I'm worried about you. You're working too hard. Don't like that sleep walking proposition. Always seemed like brother-in-law to delirium tremens. Incidentally, do you mind suggesting to your subconscious mind not to butt in on the meals? If it gets to eating three

times a day, and you continue to eat three times a night, and you both show a preference for quince preserves, I can see where Gordon eats peanut butter on his bread next summer. Cut it out, hunt up my tackle and go fishing.

Gordon.

Ghost or burglar, it was well-bred. I went to bed and slept like a baby until morning. The house is quiet as a tomb to-day. Perhaps it was a dream born of my recent disturbed condition of mind. In any event, I am very content.

Love,

Virginia.

Virginia to Amy.

Dear Amy,

When I went to buy my ticket, my enemy stood in the station talking to one of his traveling men. I bought a ticket for the limited north and changed trains at the junction. I suppose he thinks that I have gone to Westbrooke to see Emma, and the incident may prove more fortunate for me than otherwise. Still I was very nervous when I arrived, which may account for several things which I can not otherwise explain. When I unlocked the house, I went at once to your room, but found the door locked on the inside. At least, if it is not, you must have the key. I am, therefore, occupying the room which Gordon Junior used last summer. I arrived late in the afternoon but was not hungry. When I went to take my food purchases to the store room, however, I discovered a tin of butter biscuit of which I am particularly fond, but which I had neglected to buy. And Amy, dear, why did you warn me not to take your old quince preserves? I no sooner cast my eyes upon them than I felt the taste on my tongue and I knew I must have one—just one—glass of them. I carried my prizes in, and, with a little pat of butter, arranged them most temptingly for consumption just before I retired. I ran back to my room, bathed, slipped on my night dress with a bath robe over it and went down to the dining-room. Believe me or not, the table was as bare as a baby's head. Not a crumb on it or on the floor beneath it. On the serving board stood an empty jelly glass, nicely washed and polished. Of course I was startled, but, for some strange reason, I was not frightened.

Amy to Virginia.

Dearest refugee,

There is a mystery deep and terrible in your experience, but you have not realized its nature. The strange disappearance of your supper could be explained in a dozen different ways. But what can never be explained is how a tin of butter biscuit came to be in my store room. I have never had one in my house. I detest them and so does Gordon. I did not leave my room locked, but the bolt catches sometimes when the wind blows the door shut. I am worrying about you, poor foolish child.

Affectionately,

Amy.

Robert to Gordon.

Dear Friend,

The test has been made and my theory has been proved. Last night, or rather this morning, at two o'clock, I brought from the astral to the material plane a thought, a picture, a spirit. Call it what you will, I saw it with my physical eyes and, if you had been here, you would have seen it, too. The night was unusually still and dark. The only instrument I use is a bell of peculiar tone and vibration, which I had fashioned for myself for the purpose. I fasted during the night and my powers of concentration were strong. At the chosen hour I sat in your desk chair in the library, the bell before me on the table. The lights were out. I began to sound the bell, softly at first, then more sharply and loudly. There was absolutely no other sound in the house. The vision which I wished to produce was that of a beautiful woman, to me the most beautiful woman in the world. I had chosen

this for two reasons. The first was that to see it would give me great pleasure, the second that, for months, I had exercised upon the thought of her my ability to concentrate. The result of my choice, my desire, and my scientific knowledge was the vision itself. She stood before me in a long flowing garment of white, the alleged spirit robe of the seance room. Her neck was bare and her long hair fell in heavy plaits over either shoulder. The puzzled, anxious look, which I had last seen upon her face, was stamped upon it in the vision. But what I have now to relate baffles all scientific explanation. She raised her bare white arms and, stretching her hands toward me, uttered my name twice. This most unlooked-for thing paralyzed my powers of reason. I sat like a dead man until she turned slowly, and, I fancied, sorrowfully, and faded into the night. I am satisfied. To-morrow I shall rest, then take a day or two to resume my natural habits of eating and sleeping. Expect me with the key Wednesday or Thursday of next week.

Yours, successful,

Robert.

Virginia to Amy.

Dear Amy,

You may think me mad, but it seems to me that I am just regaining my senses. When I sent my idealist away I was a child, full of love for the material world. But since trouble has come, my first trouble, I begin to see my folly and his wisdom. He is nearer to me to-day than when he was constantly at my side. Will you believe what now I have to relate? Early this morning, some time before sunrise, I lay dreaming of him. Somewhere in the lower part of the house a bell sounded. It seemed soft and sweet, at first, again short and imperious, just as his call to me has always been. Whether this bell was a part of my dream I do not know, but I rose from my bed and hurried in the direction of the sound. On the threshold of the

library I paused. I cannot explain to you the feeling I had. It was as though he were there in the flesh. I called to him repeatedly, but there was no response. Nevertheless I do feel that he is near in spirit to protect me. Only my foolish pride prevents me from sending for him to come to me in the flesh. Am I mad?

Virginia.

Amy to Virginia.

Dear Virginia,

Cease to worry. You are not mad. You are in love. This explains all the hallucinations, including the butter biscuit.

Lovingly,

Amy.

Virginia to Amy.

Dear Amy,

It is all clear to me now—and yet many things are not clear. But the Blue Beard Chamber and the stolen supper, these at least I understand. Last night I retired to my room happier and more content than I have been for many days. About twelve o'clock I was aroused from my sleep by the sound of falling glass. I sprang from my bed, threw a bath robe about me and ran to the dining-room. The lights were on, and, kneeling above something on the floor, was the figure of a man. I stifled a cry, but he heard me and came to his feet at once. As he faced me I heard him say, "The vision again and in this light." I saw that it was my idealist and that a splotch of red was upon his temple. When I returned to consciousness, he was supporting me with one arm and hand and with his other hand wiping the blood from his face with a napkin. "You are wounded," I moaned, hiding my face in my hands. "Nothing of the kind," he insisted, "it is blood from my hand where I have cut it on a broken glass." I turned and looked on the floor near me. Oh, Amy, my idealist has hopelessly stained the oriental rug in

your library with some of Gordon's quince preserves. He says I am not strong enough to travel and he will not leave me, so you must come at once.

Virginia.

Robert to Gordon.

Dear Bennington,

I do not care two whollops what exists on the astral plane. Come down on the evening train and bring Amy.

Bob.

P. S.—There are only five glasses of your quince preserves left.

The Coming of Mary Ellen

By Helen Forrest

THE truant officer, destroyer of domestic peace, in the Third Ward, burst in one late September morning on the happy family at No. 17 Maloney Avenue, demanding that Mary Ellen, eldest daughter of the house of O'Connell, be that day sent to school.

Three generations of the ladies O'Connell looked up curiously at the imperious knock at the door where the broken bell cord hung lifelessly; it was not thus that the family of Big Tim O'Connell, uncrowned king of the Third Ward, was accustomed to be interrupted, and they could not know that courage born of desperation was urging the man of law to do his duty. Mrs. O'Connell, as she wrung a sheet from the steaming suds, denounced him as an "impident blaggard"; the grandmother, taking a pipe from her uncertain lips, requested him to have his ugly face out of the house. Mary Ellen, aged six, occupying efficiently, though informally, the position of Mother's Helper, listened, wide-eyed to the heated discussion and the unceasing demand for her absence from the family circle. She looked up from the floor, where, seated on a blanket, she was feeding the baby his breakfast of fried potatoes, and asked the truant officer an unanswerable question,—"Who would mind Johnnie and the baby?"

It mattered little to Mary Ellen that she appeared on the lists of the census enumerator of the town:—"Mary Ellen—dau.—Timothy—6 yrs.—last Aug.—

3d—17 Maloney Ave.," or that the superintendent of schools was harrassing the unfortunate truant officer to get every eligible child into its place—that the school board at the next meeting should be forced by evidence of congesting numbers into the erection of a new school building. Her little world was full of cares and of small pleasures—what longing had she for the luminary of learning whose rays had never appeared above her small horizon?

At the truant officer's first visit, some two weeks before, Mary Ellen had listened with unbelief to his account of the demand for her attendance, also of the pleasures of school; she had estimated wisely her mother's inconsequent promise to the officer—"Oh, you'll soon be seein' her there."

The second visit of the unhappy officer had been scornfully ignored by the reigning family of O'Connell, in fact the door had been unexpectedly closed in the visitor's very face. On this, the third attack, the truant officer, having assured himself that Big Tim was surely not at home, doggedly maintained his offensive position in the door, spoke briefly of police courts and of the large fines awaiting such parents as kept their children from the benefits of instruction. He designated School No. 10, only three blocks away, as the place destined for the enlightenment of Mary Ellen, then fled the wrath behind him, and began his search for Thomas Aloysius Flynn,

a duly registered attendant of Grade IV, who for two happy days had been "playing hookey."

The short September day was over, when the six o'clock whistles liberated Big Tim O'Connell from his emory wheel in Factory B; the extra arc light with which the City Fathers had recently illumined the fighting corner of Maloney Avenue in the hope of lessening the number of arrests in that locality, shone brightly on the O'Connell doorway where Mary Ellen awaited her father. The kiss with which Big Tim greeted her was probably slightly redolent of beer, but none the less was it loving and fatherly, and their eyes met with a cheerful understanding.

"What's the good word?" demanded Big Tim, who had returned in jocular mood, as his broad shoulders bowed themselves a little when he entered the kitchen door.

"Good news nothin'," replied his wife, "an impident officer was here the mornin', a tellin' me and threatnin' me to send Mary Ellen to school. Get him fired, can't ye, Tim?"—this with supreme confidence in her husband's political pull.

"Threatnin', is it?" Big Tim flushed redly—"I'll see about that."

He drew a chair to the untidy table where Mrs. O'Connell was putting on supper, looked at his unkempt wife, then at the grandmother, whose pipe was laid beside her on the table to admit the evening meal, then turned with resolution and a softened glance to Mary Ellen.

"Darlin', would ye like to go to school and learn to be a lady? I don't want ye to go in the shop like me, nor yet doin' washin's like her," with a nod towards his wife. "Maybe we can make ye into a teacher."

He turned angrily at Mrs. O'Connell's storm of protest—Big Tim was master of his own house as well as in his ward—"Send her to school, and that quick," he ordered. "I'll give ye some money

if she needs clo'es."

Bowing, therefore, before the power of the law, backed by paternal authority, did the family of Mary Ellen prepare for her debut into educational circles. She was gladdened by the appearance of a dress of brilliant plaid, hitherto worn only at St. Bridget's Guild, and to the regular church services where her spiritual training had already begun. To this plaid was added her shiney shoes, and the straw hat with the red ribbon. What if the plaid dress was put on over the less formal robe which she wore at home, what if the stockings were guiltless of feet, and were sewed securely to the tops of the shoes? Why, the world is full of such small deceptions, and nothing is gained by too critical inspection of our neighbor's affairs.

Mary Ellen was taken to school by the oldest Mulvaney boy, who had attained the dignity of the fourth grade, and who, though far from being himself a model of deportment, delivered a moral lecture as they went on their way. He warned her that she must be good, and he spoke menacingly of "lickin's" that followed the slightest transgressions of the law.

There was no fear, however, in the bright, dark eyes that Mary Ellen raised to the face of the first grade teacher who met her in the hall; life on Maloney Avenue does not tend to foster timidity. She even smiled as she took the teacher's offered hand, and entered the sunny schoolroom where forty children regarded the newcomer with a conscious superiority born of a week's experience in school.

To Mary Ellen, head-nurse and mother's able assistant in the housework, the day was full of surprises. She was seated at a table where gay-colored kindergarten material was spread out; her pink cheeks dimpled with pleasure over the songs and the marching. She heard with evident amazement the teacher's request that all the children must be sure to play with Mary Ellen at recess, and to take care of her, "for she is such a

little girl, and doesn't know her way around the playground."

From being the older sister she had descended to the alluring sweets of irresponsibility, and smiled for very happiness at the easy things given her to do. Building block houses and stringing wooden beads is blissful occupation to one who has lifted a heavy baby, washed dishes, and even "fried the dinner."

Seated decorously on a small chair in a circle known as the Third Class in Number, she gazed pittingly at her associates who faltered over the mathematical problems relating to marbles: "If I had five marbles and lost two," queried the teacher, "how many would be left?" Was it possible that teacher didn't know, and that these stupid children couldn't tell her! Not in vain did the eager teacher appeal to the newcomer, the best winner of marbles among the small girls of Maloney Avenue, her bright eyes seeing beyond the sunny schoolroom to a dark corner of the sacred home parlor where a dingy handkerchief held her

store of marbles, answered assuringly, "Sure, Miss, you'd have three."

So on through the lesson until, flushed with success, she was sent to her seat with the others of the class, there on a brown paper to make rows of shaky *fives* and to ponder over teacher's hopeful explanation of the phenomenon, the large numeral on the board before them:—"First, you make a straight back, then a curly foot, and last of all a flag on top."

At the end of the day she left the school yard, holding the hand of Honora Donahue, a big girl, who, being a neighbor, had been requested to see her safely home. Once out on the street, her self-reliance returned, and she ran swiftly home where, divested of her finery, she gathered baby into her insecure little gingham lap, and pulled Johnnie's hand out of the flour, while she told the story of her day, at the end exclaiming with rapture: "And I can't hardly wait for to-morrow so's I can go again."

A Pair of Friends

By Alix Thorn

There's a brown plume waving over
Nodding heads of fragrant clover,
With a straw hat bobbing gaily
Close beside it, soon you'll see,
Underneath the plume is Rover,
Dearest dog you can discover,
Ready for a tramp or frolic,
And the straw hat means, that's me.

If you hear a sudden crashing
In the alders, then a splashing,
Watch the ripples ever widening
Till they reach the willow tree—
Then you'll know it's good old Rover,
While that fish-pole stretching over,
That a sunburned hand is holding,
Well, that fish-pole means, just me.

But when shadows come a-creeping,
And a star it's watch is keeping,
Down the road the dust is rising,
Hurries past a burdened bee.
See our Rover, slow returning,
Westward red the sunset's burning,
And the boy that's trudging homeward,
Tired, but happy, guess that's me.

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Hope

By Stokely S. Fisher

Low lisp of leaves by the light wind kissed,
Faint wraith of the roses' musk,
Diaphanous shadow of amethyst mist,
Soft deepening browns of dusk!
Behold, my dear, on far hills fair,
The calm, crowned clouds at rest;
The rapture of peace complete is there
In the wonderful light of the West!

With throbbing brows and dim eyes blurred
We have toiled our little day,
Joy flitting fleet as the humming bird,—
But hope ne'er flew away!
The visions of youth, they are with us yet,
And eve holds prophecy blest!
Sunrise has no beauty but beams at sunset
As fair in the light of the West!

The anguish of labor without reward,
Of loss unpaid by gain,
Is passed; in the struggle long and hard
Our lives have taken no stain.
Oh, always we strove for the good supreme
Whose image is limned in the breast!
We are nearing the glory now of our dream
As the light moves toward the West!

VACATION AND HEALTH

DO not stop your subscription to the COOKING-SCHOOL MAGAZINE, but take a vacation from work and worry. Nothing is more conducive to health and contentment than change of scene, exercise and diet. Unless one be very busy, confinement in one place for a single day often becomes irksome. Have you never noticed the benefit derived from even a short rest or change of occupation? It is, like the after-dinner nap, refreshing to the nervous system. In order that work of any kind be done well and efficiently, it must not fret the workman. Only recently has it been found out that certain kinds of labor should be done by men of certain temperaments. That is, the worker must be adapted, both physically and mentally, to his work, to produce the best results. Also it has been learned that more and better work can be done per day by those workmen who are given short and timely intervals of rest, than by those who toil through protracted periods with no considerable relaxation. In every form of industry the old hit-or-miss system is out of date and passing away; scientific management is everywhere in demand. Let us study our labor problem and try to adapt our efforts to conditions and circumstances as we find them; and, above all, let us plan for a good, wholesome vocation. At this season, it is outdoor life that heals our physical ills, and lifts us above the common cares and worries of the struggle for existence.

SCHOOLS AND HOME ECONOMICS

ACCORDING to a writer in the *Journal of Home Economics*, the grand total of institutions known to be giving instruction in Home Economics in the United States is over 1200, and there are undoubtedly many others doing similar work. Over one hundred colleges and universities or other institu-

tions of collegiate grade give courses in Home Economics. These courses vary considerably in character and extent, but in the main represent a reasonably high standard. This information is obtained from a card index of institutions giving instruction in Home Economics, which is maintained in the Agricultural Education Service of the Office of Experiment Stations, as a part of its regular work.

All this is an outgrowth of a very few years in our educational system, but it indicates the beginning of a great reform. As men are educated along certain lines and trained for their several callings in life, so in the future women are to receive some special education and training for the occupations which they are destined to pursue. In any comprehensive plan of social economy, the work of men and women is to be regarded as equal in importance. Women are no longer to engage in unremunerative callings. Housekeeping, for instance, is a partnership and it should be conducted on a business basis similar to that of any other partnership. Even the spending of money calls for no less tact and skill, and is not less worthy of compensation, than the earning of the same. We have only what we save. In every successful business, a good bookkeeper is indispensable, and he must be well paid for his work. Home Economics has become a great subject and it has many branches. All these concern deeply individual and social welfare and, consequently, the evolution of the race. A year ago, the late Mrs. Ellen H. Richards said, "To us to-day is given to see the tree of our nurture with its roots firmly planted and branches spreading from sea to sea. The seed of it was planted many years ago, and has been dug up many times to see if life existed. Home Economics, the preservation of the home and the economics of living, now occupy a large space in the transactions of societies and even in the daily press."

THE HYGIENE OF LAUGHTER

TO be sure there is the greatest diversity of taste in jokes, but everybody this whole round world over loves some kind of jokes. Even those who are witless and jokeless themselves enjoy fun-making in others. And as Eben Holden says, "God Himself must think pretty middlin' well of fun since He give some of it to everybody."

But it has taken the world these twenty centuries to place upon laughter—genuine, hearty laughter—a value in therapeutics, to consider it as a factor in health, both as a preventive and a restorative.

"Laugh and grow fat," we have said just because fat people are always of the jolly, good-natured sort, to whom laughter is most natural. We thin folk supposed they laughed because they felt well; we did not know they felt well and grew fat because they laughed. That, however, is the new assertion of the medical fraternity.

A young Italian physician, Dr. D'Aiuto, was the first scientific student to call attention to the healing power of laughter in bronchial diseases. He declared this before the Medio-Chirurgical Society of Italy, and backed up the statement by producing patients cured entirely and solely by laughter purposely provoked. It seems that the shaking of the sides aids the expulsion of secretion and permits the oxygen of the air to dry up and heal the diseased cells.

And not merely in lung diseases is it efficacious, for the side-splitting laughter loosens the particles of decayed matter in the muscles and hastens their discharge through the lymphatics. Thus disease germs are carried off and the whole body is stronger and more immune from contagion.

In times of epidemics and plagues, the people who manage to stay cheerful and jolly are the ones least apt to take the disease.

But alas, grown people often forget

how to laugh. Many have told me they "never laugh out loud," some seeming to feel it beneath their dignity, while others regret it as indeed they should. Every little child can laugh out loud, and their merry, natural peals always bring a smile to the tired, care-lined face of those who have forgotten how to laugh.

Of course, the world at large needs the cheer; but we ought to realize the individual, bodily need of it as well, and cultivate laughter as we would cultivate any other art or any other good habit, doing it for our own as well as our friends' sake.

Wise were the ancient kings who kept their jesters and clowns! We always supposed they were simply a fashion of the times, maintained to help pass the long, tedious hours and to liven up a stupid court; but now it seems they were the real court doctors, doing their best to shake the sides of the lazy, gluttonous aristocrats. Queer how the instincts and desires of man, like those of the beast, preserved him before his intellect developed sufficiently to teach him these things!

Still, though we of the twentieth century know these things, we go into sick rooms with sad, long-drawn faces and proffers of sympathy, instead of entering with all possible cheer, to tell our brightest stories (providing the patient is in a state to listen), and doing our part to start the curative laughter. And we thin folk are still resorting to special foods and lotions, instead of getting fat in nature's own way. At all events we can "laugh and be well," so the up-to-date doctors tell us.

L. M. C.

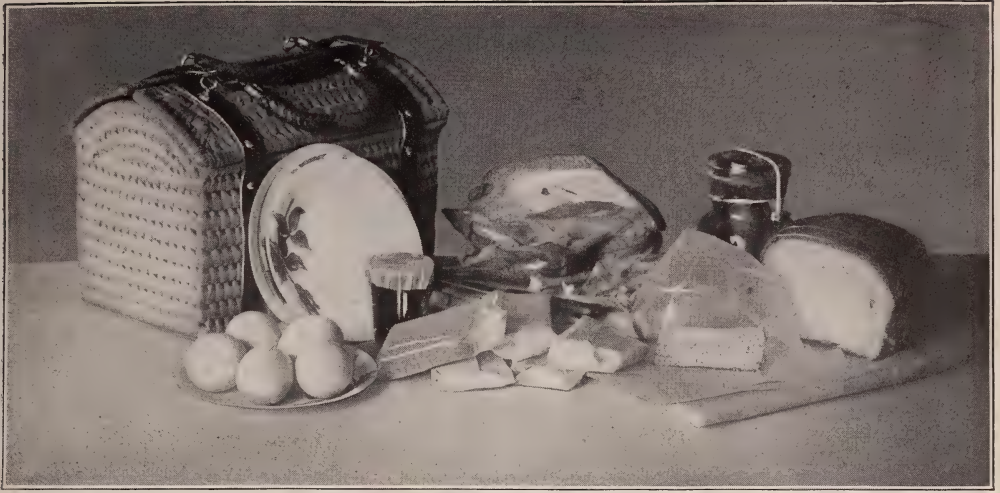
BUSINESS AND MORALS

THIS editorial is not paid for, a fact which we announce in advance in order to save to our readers a few sarcastic post-cards and a number of two-cent stamps. It is written because one good example is worth more than a hundred complaints. The Francis H. Leggett wholesale grocery firm is

among those manufacturers and sellers of food products who believe in keeping ahead of the law, not behind it, and it expresses its views in a most interesting series of announcements. It has appealed to the club women of the country to use their power (which in a matter of this kind is vast) toward strengthening the upward movement in food manufacture. It has printed articles by Dr. Wiley and other well-known men. "The Premier Enquirer," as the Leggett monthly publication is called, goes even into such matters as a National Department of Health—indeed, into all aspects of the great central question—and treats them all with searching intelligence and thorough information. It has published, from its own expert some very remarkable essays on the reasons for seeking the best quality in food. For instance, take this answer to the woman who says prunes at ten cents a pound are good enough for her, so why pay fifteen?

"She does not stop to think that in the ten-cent prune she is getting one hundred prunes to the pound, whereas in the fifteen-cent prune she is getting about forty-five prunes to the pound. For ten cents she gets one hundred wooden pits and one hundred skins. For fifteen cents she gets forty-five wooden pits only and but forty-five skins, and if she goes to the trouble to make the investigation for herself, she will find that in purchasing the better prune at fifteen cents she will have about as much actual fruit as she would get in two pounds of the ten-cent article."

Of course, as the public becomes educated, the task of the highest grade merchant becomes easier. "The big successes of the future," says one of the Leggett advertisements, "in the grocery business, will be under the banners of pure food." The firm publishes a piece of fiction in which it makes a son say to his father: "I'd rather be a good grocer than president of the Union Pacific."—*Collier's Weekly*.



PACKING THE LUNCH BASKET

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Jellied Macedoine in Tomatoes (Hors-D'Oeuvre)

SELECT rather small tomatoes, somewhat firm and with smooth exterior. Cut out a small piece around the stem end, peel with care and take out the seeds. Mix together two or three truffles, cut in tiny cubes, one-fourth a cup, each, of cooked peas, green and yellow string beans, cut fine, asparagus tips, bits of celery, carrot or whatever vegetable is at hand. To these add an equal measure of aspic jelly and mayonnaise dressing and stir over ice-water until beginning to set, then use to fill the tomatoes. Make smooth on the top and set aside on the ice for half an hour or longer. When ready to serve cut each tomato (with a knife dipped in hot water) in quarters. Serve on heart leaves of lettuce. Pass small sandwiches at the same time.

Tomato Cocktail

Select small, smooth and very choice tomatoes. Peel and chill them. When about ready to serve cut them in quarters through the stem and blossom ends, then cut these quarters in halves or thirds to make pieces of a size suitable for eating. Dispose these on crisp lettuce hearts, set on a plate around a tall-stemmed glass. Rub a bowl with a clove of garlic, cut in halves, add two tablespoonfuls of tomato catsup, one tablespoonful of mushroom catsup, one tablespoonful of lemon juice, one-fourth a teaspoonful of Worcestershire sauce and two or three drops of tabasco sauce or one-fourth a teaspoonful of paprika; mix and turn into a tall glass. The pieces of tomato and the lettuce hearts are to be dipped into the sauce and eaten from an oyster fork. Six pieces of tomato are enough for one service.



TOMATO COCKTAIL

Haddock with Mornay Sauce au Gratin

To a pint of water, add an onion, peeled and cut in slices, three cloves, two tablespoonfuls of vinegar, half a teaspoonful of salt and two or three sprigs of parsley; over this on a perforated plate set a three-pound haddock, carefully cleaned and washed. Do not remove the head as it will improve the broth. Heat the water to the boiling point, then let simmer till the fish is done. Remove the fish and strain off the broth. Separate the fish, when cool enough to handle, into flakes. Measure the flakes and for a scant three cups make a pint of sauce. If there be more fish, provide sauce accordingly. For the sauce melt three tablespoonfuls of butter; in it cook one-fourth a cup of flour, half a teaspoonful of salt and a scant half a teaspoonful of pepper; add the fish broth (which should have been cooled in readiness) and stir until boiling; add two ounces, each, of Parmesan and Gruyère cheese and beat until the cheese is melted; remove the sauce from the fire and beat in three tablespoonfuls of butter, adding the butter in small pieces. Have ready about a quart of either plain mashed or Duchesse potato. Pipe the potato in au gratin dish to form a border about two inches high. Put a

layer of sauce inside the border, on this spread a layer of the fish, and continue the layers, having the last one sauce. There should be at least half an inch of potato above the last layer of sauce that the sauce may not run over in the oven. Stir one-fourth a cup, each, of melted butter and grated cheese with one-third a cup of cracker crumbs and spread over the top of the sauce. Brush over the potato with the beaten yolk of an egg, diluted with two or three tablespoonfuls of milk, and set the dish into the oven to brown the edges of the potato and the crumbs.

Stuffing for Baked Fish

Mix in a bowl one cup and a half of soft bread crumbs, half a cup of melted butter, half a teaspoonful of black pepper, one generous teaspoonful of chopped chives and sweet basil, half a teaspoonful of chopped parsley and a scant half a teaspoonful of salt. Two or three raw mushrooms, chopped fine, are a good addition to this stuffing; a tablespoonful of mushroom catsup may be used when fresh mushrooms are not available.

Baked Bluefish

When cleaning the fish keep the head and tail in place. Wash the cleaned fish and wipe dry. Rub the inside with salt and pepper and fill with the above stuff-

ing. Sew up the opening to hold the stuffing in place. Cut three or four results from the manner of dressing, given above. Spread bread stuffing over



HADDOCK, WITH MORNAY SAUCE AU GRATIN

gashes through the flesh to the bone on each side of the fish and press a strip of fat salt pork in each. Run a trussing needle, threaded with twine, through the tail, the centre of the body, and the head, and tie the thread to secure the fish in the shape of the letter S. Bake in a moderate oven about half an hour, or until the flesh separates easily from the bones. Baste with hot fat each ten minutes. Remove the threads before sending to the table. Garnish with parsley. Serve drawn butter sauce in a bowl.

Fillets of Bluefish, Baked

When cleaning the fish discard the head and tail; split the fish and take out the backbone with small bones attached

the fish; over the stuffing set the other piece of fish, skin side upwards, to give the shape of the fish before cleaning. Sprinkle the flesh side of both pieces of fish with salt and pepper before setting them in place. Lay three or four thin slices of salt pork or bacon over the fish. Bake about forty minutes, basting four times with hot fat. When baked slide to a serving dish, garnish with parsley and slices of lemon. Serve drawn butter sauce in a bowl.

Drawn Butter Sauce

Melt three tablespoonfuls of butter; in it cook one-fourth a cup of flour, and half a teaspoonful of salt; add two cups of cold water and stir over a quick fire until smooth and boiling, then remove



BAKED BLUESISH

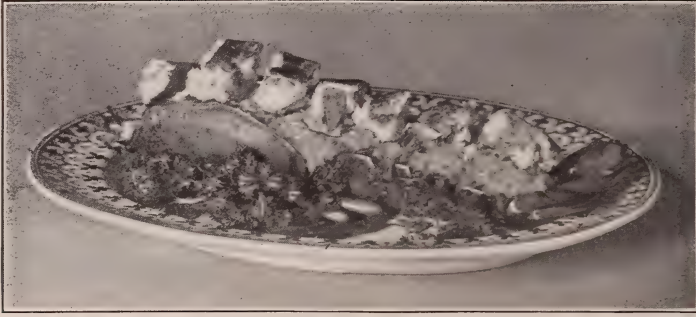
to it. Lay thin slices of fat salt pork on a fish sheet, and on these dispose, skin side down, one of the pieces of fish, which

from the fire and gradually beat in one-fourth a cup of butter. Lastly, add a tablespoonful of lemon juice.

Lobster, Clarence Style

This dish is best when live lobsters are secured and boiled in *court-bouillon*. When cooked (about twenty-five minutes) and cooled enough to handle, remove the meat from the tail and claws,

der. Turn the rice on a dish to make a flat oval shape and on this set the slices of lobster, one overlapping another, in a wreath shape; coat the lobster very thinly with the sauce and pour the rest around the rice. For a change dispose the rice in the cleaned shell of the lob-



LOBSTER, CLARENCE STYLE

in whole pieces; slice these and keep them hot in a few tablespoonfuls of the court-bouillon. Remove the rest of the flesh and the creamy parts from the lobster; pound these together with one-fourth a cup of cream, then press through a sieve. Make one cup of sauce of two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt, curry powder and pepper and half a cup, each, of white broth and thin cream and add the sifted lobster

ster, set the slices above, coat them with a little of the sauce and serve the rest in a bowl.

Lobster Salad

Cut a pared cucumber into small cubes, let stand in ice water to chill, then drain and dry on a cloth. To the cubes of cucumber add an equal measure of cold, asparagus tips and small, firm bits of the lobster. Season with salt, pepper, one tablespoonful of lemon juice and two of



LOBSTER SALAD

mixture. Have ready half a cup of rice, blanched and cooked tender in two cups of white broth with half a teaspoonful of salt and a teaspoonful of curry pow-

der. Turn upon a bed of heart leaves of lettuce. Set around the mound of salad, the lobster flesh taken from the large claws and the tail, in whole pieces.

The meat from the tail should be cut in two or three pieces according to the number to be served. Press the coral and the creamy parts of the lobster through a sieve and gradually beat into about three-fourths a cup of mayonnaise dressing; add salt and pepper as needed. Serve this sauce in a bowl. Garnish the salad with lengthwise quarters of peeled-and-chilled tomatoes.

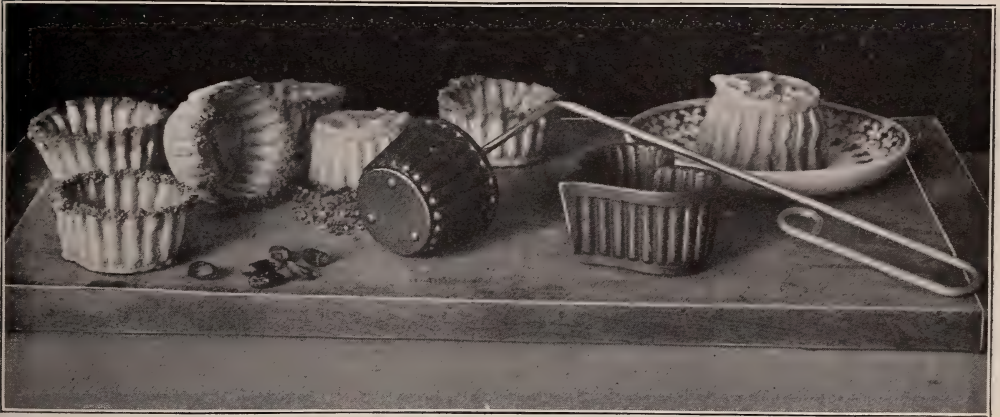
Pöeled Chicken

Truss a cleaned chicken as for roasting. The chicken may be stuffed or not as desired. Brush the bottom of an earthen casserole with butter; into it slice one or two onions, two stalks of

chicken broth to the vegetables in the casserole, let simmer ten minutes, and drain off the liquid, pressing out all the juice possible from the vegetables. Remove the fat and use the liquid with flour cooked in butter for a sauce.

Ham Soufflé

Make a sauce using one-fourth a cup, each, of butter and flour, half a teaspoonful of salt and one cup, each, of chicken broth and cream. Into the sauce stir half a cup of soft, sifted bread crumbs, one chilli pepper, chopped fine, half a cup of grated Parmesan cheese, two cups of cooked ham, chopped fine, and the well-beaten yolks of three eggs, also salt if needed. Finally, fold in the



SWEDISH TIMBALE IRONS, EDGING CASES WITH CHOPPED PISTACHIO NUTS

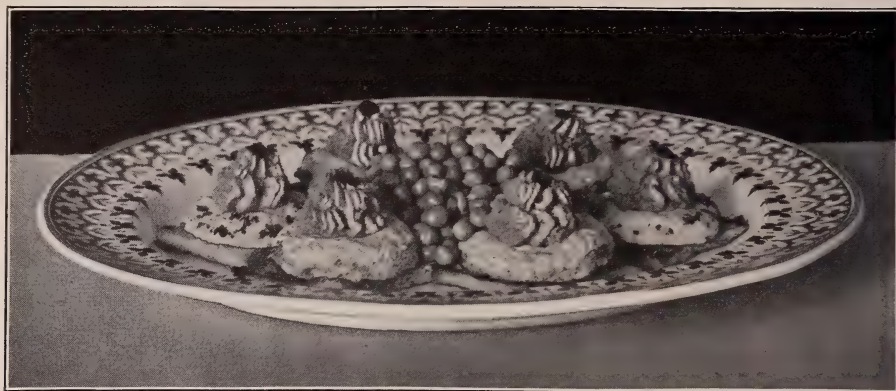
celery and two young carrots; on these lay three or four skewers, wooden ones preferred, and on the skewers set the chicken; lay two or three slices of bacon over the chicken, cover and set to cook in a moderate oven. Have ready some hot fat—bacon or drippings,—baste the chicken with this each fifteen minutes and let cook about an hour and a half. Replace the cover each time after basting. When the joints of the chicken may be separated easily, it is done. If the chicken is to be eaten hot, remove it and keep it hot while the sauce is made; if it is to be eaten cold, add the contents of the casserole to the soup kettle. To make the sauce add a cup of veal or

whites of three eggs, beaten dry. Set the dish on many folds of paper in a baking pan and surround with boiling water. Let cook in the oven, keeping the water just below the boiling point (about 208°F) until the mixture is firm in the center. Serve in the baking dish with a sauce made of white broth, seasoned with paprika or curry, or with a brown sauce, flavored with madeira or port. The hot orange sauce given on page x of the February, 1911, magazine is also suitable for this dish.

Medallions of Sweetbreads, Bérangère

The ingredients needed are: one pair

of sweetbreads, one cup of veal or forcemeat. Poach the forcemeat in a chicken pulp, one unbeaten white of egg, moderate oven. Butter the dish thor-



MEDALLIONS OF SWEETBREADS, BÉRANGÈRE

one cup of unbeaten, but *thick* fresh cream, half a teaspoonful of salt, one-fourth a teaspoonful of pepper, half a cup of cooked pickled tongue, chopped fine, a cup and a half of green pea purée for garnish, about a pint of cooked green peas, eight bread croutons and a cup and a half of Bechamel sauce. Cook the sweetbreads as in the recipe for "Glazed Sweetbreads with Canned Mushrooms," but without larding or glazing them. Cut each sweetbread into four slices and trim them to the same shape with a round or oval cutter as is best

oughly on which the medallions are set; they are cooked when they feel firm to the touch. Pipe a star of green pea purée into the centre of each. Set the medallions on the croutons around a mound of green peas, well seasoned. Serve the sauce around the medallions or in a bowl. Use the ingredients given above, in making the forcemeat. Prepare as the forcemeat for "Veal Quenelles," except use only one white of egg, and add the cream unbeaten. Chill the mixture on ice after pressing it through the sieve, then beat in the cream very



APPLE DUMPLINGS, HARD SAUCE

suitied to the pieces of sweetbread. On the edge of each medallion pipe a thick, but narrow, border of veal or chicken

gradually, and fold in the chopped tongue. The tongue may be omitted. This forcemeat is not as delicate as that

given for the quenelles.

Spanish Omelet

The mixture used in a Spanish omelet may be set aside in a cool place and kept for several days. Chop fine half a small onion and half a green or red pepper, also cut in thin slices enough raw or cooked ham to make two tablespoonfuls; fry these in two tablespoonfuls of butter or olive oil until the vegetables are softened and yellowed, stirring them meanwhile to avoid overcooking any part of them; add about a cup and a half of raw tomato, or rather less of cooked tomato. Use the fleshy part of the tomatoes, discarding seeds as far as possible. Let simmer until the moisture is evaporated; add a teaspoonful of beef

prepared mixture on the top of half the omelet, fold and turn upon a hot platter, surround with the rest of the mixture and serve at once.

Stuffed Tomatoes

Select smooth round tomatoes; cut out a piece around the stem end, and with a spoon take out the centre to form a case. Set the cases upside down to drain. Discard all the seeds possible, and chop the pulp. Chop fine a slice of onion and one-fourth a pound of fresh mushrooms—the equivalent of stems and peelings will answer. Put these over the fire in a frying pan containing one tablespoonful, each, of butter and olive oil; let cook, stirring constantly, until the moisture is evaporated; add the chopped



APPLE DUMPLING, SYRUP AND BUTTER

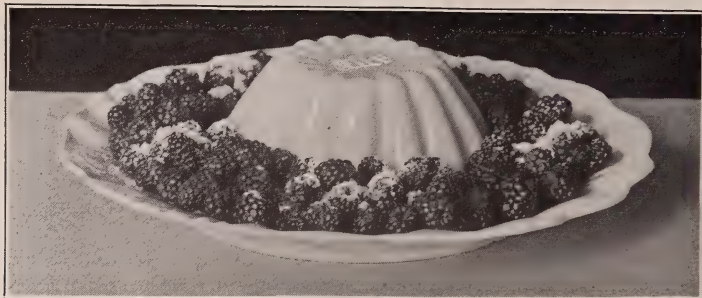
extract and a scant half a teaspoonful of salt. One or two fresh mushrooms, cut in fine shreds, may be added with the other vegetables. Beat four eggs with a spoon or fork until a full spoonful can be taken up; add one-fourth a teaspoonful of salt and four tablespoonfuls of water and turn into a hot omelet pan in which a tablespoonful of butter has been melted. Shake the pan over the stove to keep the mixture sliding on it, tipping it, meanwhile, to let the uncooked part of the mixture down upon the pan. When creamy throughout, spread part of the

tomato, three tablespoonfuls of brown sauce, and, if at hand, a piece of garlic the size of a pea, crushed thoroughly. Let simmer until well reduced; add salt and pepper and soft, sifted bread crumbs to make rather consistent. Use this to fill the tomatoes. Sprinkle the tops with crumbs mixed with butter. Set them, in a buttered agate pan, into the oven to cook until the tomatoes are done. Serve with or without a brown sauce. A brown sauce made of veal broth is good. Serve alone, or with beefsteak.

Apple Dumplings

Make flaky pastry, using two cups of

three tablespoonfuls of water. Sift together one cup and a half of sifted flour, one-fourth a teaspoonful of salt and



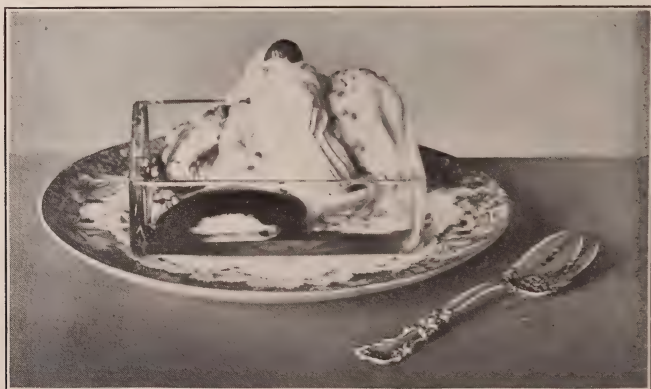
GELATINE BLANC MANGE, WITH BLACKBERRIES.

flour, half a cup of shortening, and water as needed, folding in at the last two or three level tablespoonfuls of butter. Roll the pastry into a sheet and cut into rounds large enough to enclose an apple. Have ready some pared-and-cored apples, cooked in a cup, each, of sugar and water until tender but not broken, and then cooled. Set an apple on each piece of paste, and enclose it secure. Have the paste smooth on top, brush over with beaten yolk of egg and dredge with granulated sugar. Bake about fifteen minutes. Serve hot with hard sauce.

three level teaspoonfuls of baking powder; with the tips of the fingers work in two or three tablespoonfuls of butter, then add milk, a little at a time, and with a knife work to a soft dough. Spread the dough over the prepared apples. Bake about twenty-five minutes. Serve hot with butter and syrup. To serve, turn the dumpling from the dish so as to have the apple upwards.

Gelatine Blanc Mange, with Blackberries

The ingredients needed are one tablespoonful and a half of granulated gela-



BANANA SPLIT, NUT SUNDAE

Apple Dumpling

Slice four or five pared apples into a buttered dish, sprinkle with a scant half a teaspoonful of salt and two or

tine, one-third a cup of cold milk, two and one-half cups of hot milk, one-third a cup of granulated sugar and half a teaspoonful of orange extract. Let the gelatine stand in the cold milk until the

milk is absorbed; add the hot milk and the sugar and stir until dissolved; strain, add the extract and turn into a mold. When cold and "set," unmold, surround with blackberries and serve with cream and sugar.

Banana Sundae, Plain

Select a small banana; peel, scrape off the coarse threads and cut in halves, lengthwise. Set above the banana two mounds of vanilla ice cream, pipe a little whipped cream over each mound, sprinkle with grated sweet chocolate and set a maraschino cherry in the centre.

Banana Nut Sundae

Prepare the banana as above; set a mound of ice cream on each end of the banana; let one be of vanilla and the other of caramel ice cream; pipe whipped cream on the banana between the mounds of ice cream, pour caramel syrup over the vanilla cream and chocolate syrup over the caramel cream; sprinkle with chopped almonds, browned in the oven, and set a cherry on the top of the whipped cream. Serve these "banana splits" on oval or oblong dishes of glass or silver.

Tea Punch

Boil one quart of water and one cup of sugar fifteen minutes. Pour three cups of boiling water over six teaspoonfuls of black tea, let steep five minutes, then strain into the syrup and set aside to become chilled. Wash carefully two lemons and one orange, then remove the thin yellow rind; mix this with an equal bulk of sugar and let stand an hour or two; add half a cup of claret or water, let stand ten or fifteen minutes then pound with a pestle and press through a cheese cloth. Add this with the juice of the lemons and orange to the chilled syrup and tea, turn into glass jars, cover secure and let stand in the refrigerator until ready to use. Another half-cup of claret may be added, or the punch may be diluted a little with water.

Mint Punch

Shake together in a quart jar one cup of cold water, one cup of sugar and the leaves from a bunch of mint. When the sugar is dissolved, add the juice of six lemons and one cup of currant juice. Fill the jar with water and let chill on ice. When ready to serve add one pint of carbonated water.

Grape Punch

To one quart of grape juice, add the juice of four lemons and six oranges, with one cup of sugar; when the sugar is dissolved, add one quart of water and let chill on ice. When ready to serve add a few sprigs of mint.

Lamb Noisettes, Berry Style

Cut from a boned loin of lamb as many rounds as are desired; if needed, tie each with a bit of tape to hold it in shape while cooking. Sauté the noisesettes in clarified butter over a quick fire. Have ready small flat croquettes the same size and shape as the noisesettes. Use for these croquettes duchesse potato mixture and sweet corn, cut from the cob without the hull. Take a generous cup of the corn pulp for each pint of potato. The potato is prepared by beating two yolks of eggs into a pint of well-prepared, hot, mashed potato. When the croquettes are egged, crumbed and fried, set a noiseette above each. Serve Chasseur sauce in a boat.

Chasseur Sauce

Chop fine three fresh mushrooms; stir and cook in one tablespoonful, each, of olive oil and butter until browned a little; add half a teaspoonful of grated onion, and half a cup of white wine and let reduce one-half; add a cup of rich, brown stock and pour over three tablespoonfuls of butter; stir until boiling; add half a cup of hot tomato purée and a teaspoonful of beef extract; let simmer five minutes; add a teaspoonful of fine-chopped parsley and serve.

Menus for a Week in August

"The products of protein metabolism are a constant menace to the well-being of the body, and any excess of protein over what the body actually needs is likely to be directly injurious." — Chittenden, 1905.

SUNDAY	Breakfast. Melon Lady Finger Rolls, Butter Coffee Dinner. Boiled Rice Sweet Corn on the Cob Pöeled Chicken en Casserole Tomatoes, French Dressing with Onion Juice Peach Sherbet Cookies Half Cups of Coffee Supper. Hot Ham Sandwiches (Chafing dish) Sliced Peaches Cookies Iced Tea	Breakfast. Eggs Cooked in the Shell Potatoes Hashed in Milk Pop Overs Berries Coffee Dinner. Corned Beef, Boiled Cauliflower, Hollandaise Sauce Boiled Potatoes and Turnips Baked Indian Pudding (delicate) Half-Whipped Cream Coffee Supper. Stuffed Tomatoes Bread and Butter Sliced Peaches Chocolate Layer Cake Tea	WEDNESDAY
	Breakfast. Creamed Salt Codfish on Toast Cucumbers, French Dressing Baking Powder Biscuit (Whole wheat flour) Coffee Dinner. Hamburg Roast, Tomato Sauce Baked Potatoes Buttered Beets Gelatine Blanc Mange, Sugar, Cream Half Cups of Coffee Supper. Creamed Chicken on Green Corn Griddle Cakes Bread and Butter Berries Tea	Breakfast. Corned Beef Hash (With Green Pepper) Broiled Tomatoes Yeast Rolls (reheated) Coffee Dinner. Baked Bluefish, Bread Dressing Drawn Butter Sauce Summer Squash Lettuce with Chopped Mustard Leaves, French Dressing Berry Pie Half Cups of Coffee Supper. Lettuce-and-Egg Salad Bread and Butter Berries Tea	
	Breakfast. Spanish Omelet Fried Potatoes Corn Meal Muffins Dry Toast Coffee Dinner. Broiled Sword Fish Mashed Potatoes Pickled Beets Shell Beans, Stewed Apple Pie Cottage or Cream Cheese Half Cups of Coffee Supper. Green Corn Custard Graham Bread and Butter Apple Sauce Tea	Breakfast. Cereal, Thin Cream Green Corn Oysters Dry Toast Berries Coffee Dinner. Clam, Fish or Corn Chowder New Cucumber Pickles Apple Dumpling, Cottage Cheese Half Cups of Coffee Supper. Creamed Corned Beef (With Onion and Celery) Tiny Baking Powder Biscuit Cold Slaw Tea	
	Breakfast. Broiled Bacon Plain French Omelet Graham Muffins Hot Baked Apples Coffee Dinner. Veal Cutlets, Breaded, Tomato Sauce String Beans Swiss Chard Cups of Junket with Cake Crumbs Half Cups of Coffee Supper. Lettuce-and-String Bean Salad, French Dressing with Onion Juice Rye Meal Muffins Sliced Peaches Tea		
SATURDAY			

Menus for a Week in September

"Greater freedom from fatigue, greater aptitude for work, greater freedom from minor ailments have gradually become associated with lowered protein metabolism." — Chittenden.

SUNDAY

Breakfast.
 Broiled Honeycomb Tripe,
 Maitre d'Hotel Butter
 French Fried Potatoes
 Yeast Rolls (reheated) Honey Coffee

Dinner.
 Fried Chicken, Corn Fritters
 Summer Squash, Sweet Pickled Pears
 Tomatoes, French Dressing
 Peach Ice Cream
 Half Cups of Coffee Sponge Cake

Supper.
 Sardines, Olives
 Bread and Butter
 Peach Ice Cream (left over)
 Pineapple Juice

WEDNESDAY

Breakfast.
 Cold Boiled Ham
 Creamed Potatoes
 Fried Mush, Syrup Coffee

Dinner.
 Boiled Fresh Haddock, Egg Sauce
 Boiled Potatoes
 Swiss Chard
 Coffee Jelly, Half-Whipped Cream

Supper.
 Hot String or Shelled Beans
 Bread and Butter
 Cream Cheese
 Apple Sauce Tea

MONDAY

Breakfast.
 Bacon, Baked Potatoes
 Dry Toast
 Blackberries
 Coffee

Dinner.
 Breast of Veal, Stuffed and Pöeled
 Mashed Potatoes
 Lima Beans, Stewed
 Endive, French Dressing
 Blushing Apples, Lemon Sauce
 Half Cups of Coffee

Supper.
 Succotash
 Bread and Butter
 Cookies Tea

THURSDAY

Breakfast.
 Eggs Scrambled with Chopped Ham
 Yeast Rolls (reheated)
 Doughnuts Coffee

Dinner.
 Broiled Beef Steak
 Baked Sweet Potatoes
 Celery
 Queen of Puddings
 Half Cups of Coffee

Supper.
 Potatoes Scalloped with Onions and
 Cheese
 Rye Meal Muffins
 Sliced Peaches
 Gingerbread Tea

TUESDAY

Breakfast.
 Broiled Tomatoes on Toast,
 Cream Sauce
 Doughnuts
 Coffee

Dinner.
 Veal Souffle, Tomato Sauce
 Green Peas Mashed Turnips
 Peach Pie, Half-Whipped Cream
 Coffee

Supper.
 Welsh Rabbit
 Lettuce-and-Pineapple Salad or
 Canned Pineapple
 Ginger Ale

FRIDAY

Breakfast.
 Salt Codfish Balls, Sauce Tartare
 Buttered Toast
 Doughnuts Coffee

Dinner.
 Oyster Stew
 New Pickles
 Cranberry Pie Edam Cheese
 Coffee

Supper.
 Ham Souffle
 Sliced Tomatoes
 Hot Apple Sauce
 Baking Powder Biscuit
 Tea

SATURDAY

Breakfast.
 Poached Eggs on Broiled Tomatoes
 Cream Toast
 Fried Mush
 Coffee

Dinner.
 Cheese Pudding
 Boiled Cauliflower
 Baked Apple Tapioca Pudding,
 Half-Whipped Cream
 Coffee

Supper.
 Cream of Green Corn Soup
 Toasted Crackers
 Sliced Peaches
 Bread and Butter
 Tea

Inexpensive Hot Lunches for Automobile Parties

(Quickly Prepared)

I

Mexican Rabbit with Poached Eggs
Olives or Pickles
Banana Split
Chocolate Layer Cake
Coffee

II

Creamed Chicken in Ramekins,
Baking Powder Biscuit Above. Boiled Corn
Sliced Tomatoes, French Dressing
Frozen Apricots (canned)
Sponge Cake
Coffee

III

Chicken or Veal Soufflé,
Tomato Sauce. Boiled Corn
Lady Finger Rolls (reheated)
Sliced Peaches
Coffee

IV

Broiled Lamb Chops (loin)
Creamed Potatoes. Green Peas
Sliced Tomatoes, French Dressing
Toasted Crackers. Cheese
Coffee

V

French Chicken Omelet
Green Peas or String Beans
Doughnuts
Cocoa with Whipped Cream

VI

Creamed Corned Beef au Gratin
Cold String Beans, French Dressing
or
Potato Salad
Apple Pie
Cheese
Coffee

VII

Hamburg Steak
Broiled Sweet Potatoes
Sliced Tomatoes
Grape Juice Syllabub
Coffee

VIII

Slice of Halibut, Sautéd
White Hashed Potatoes
Cucumbers, French Dressing
Lemon Sherbet
Coffee

IX

Spanish Omelet. Corn on the Cob
Parker House Rolls (reheated)
Sugared Pineapple
Tea

X

Corned Beef Potato-and-Green Pepper Hash
Sliced Tomatoes
Bread and Butter
Cottage Pudding (reheated)
Foamy Sauce Coffee



Catering for Automobile Parties

By Janet M. Hill

SEVERAL letters have been received asking help in planning inexpensive hot meals for automobile parties. This means providing meals for guests that may or may not come.

At the outset this looks like an unsatisfactory matter to deal with, for there would seem to be an unmistakable note of possible disappointment in catering for no one in particular. But if the house catering for automobile parties be well located, especially if it has a broad, shady piazza and a welcoming sign to attract attention, not many moons will wax and wane before refreshment will be sought thereat. The continuance of patronage will depend entirely upon the quality of the food set before the guest, and the manner in which it is served. Still, at best, the element of chance enters more largely into such catering than it does where one is providing meals in a city cafeteria or restaurant, and the constant exercising of good judgment is more essential to making such a venture profitable.

At the outset food must be largely such as can be cooked to order. Twenty minutes is needed for the making of a good cup of coffee, and this should be the limit of time spent in preparing the food. However, not even tea and toast can be served in twenty minutes, unless preparations be made as far as possible in advance, and then every motion taken must count for something definite.

Early in the morning decide upon the food that is to be served during the day, and as far as possible make it ready for serving.

By all means be able to make good bread and rolls of various kinds, and keep a generous supply on hand. Rolls, carefully reheated, are equal to those fresh made, and stale rather than fresh bread makes the best toast. These, with fresh eggs, choice tea and coffee, good milk and butter, are the main essentials for party meals. If the resources of a garden are at your disposal, so much the better, for many people, though they ride in automobiles, often do not know the taste of vegetables fresh from the garden; once having discovered the flavor, a return on another day is inevitable. Of course the peas must be shelled in advance, even though they may be left on your hands. But, after all, that is not hard luck, for if they are sweet, young and tender, as they should be, simply can them for winter use. Fill jars to the top with the peas, put on the covers (don't screw them down), and let them cook on the rack of a steam kettle one hour; remove the covers, add a teaspoonful of salt to each quart jar, fill to overflow with boiling water, adjust rubbers and covers (do not tighten the covers), and let cook another hour; tighten the covers and the work is done. If you yourself have no use for the canned article, rest assured that some one will gladly take them off your hands and pay you well for the labor. Once get started and the sale of cooked food to be carried away by your patrons will about equal that eaten at your house.

Sandwiches should be a profitable venture, carefully wrapped singly in waxed paper, and stored in a refrigerator, they

will keep fresh all day and may be eaten from the paper without coming in contact with the hand. For sandwich fillings there is great diversity. Keep on hand the means for at least one of the standard kinds, and then try for varieties a little out of the ordinary. Sliced meats for sandwiches must be tender, and can not be cut too thin. Ham that is not suitable for slicing may be put through a food chopper and used not only in sandwiches, but in scrambled eggs; a little also, not too much, will improve a veal loaf. Cold, corned beef, provided it be nicely cooked, makes most appetising sandwiches, and yet one rarely sees them. Cheese of all sorts, cooked and uncooked, plain and with white pimentos or more fiery peppers, or with sliced nuts, can be used to advantage in sandwich making, and this is only a beginning of the subject. Olives and tiny cucumber pickles go well with sandwiches, the latter your garden should supply; while olives bought in bulk may be kept a year or longer, if a little olive oil be kept floating on the top of the brine in which they are stored. The oil excludes the air. A deep and rather narrow receptacle limits the quantity of oil needed.

The main dish of the hot luncheon is the most difficult to decide on, but when one is in earnest and gives thought to the matter, such things are worked out more easily in the kitchen than on paper. The successes and failures of one day teach what is best to do on the next. This main hot dish should be of something other than a roast of beef, for a roast must be handled very carefully to secure a return of the money it costs, to say nothing of profit. If by chance such a roast be left on your hands, hot roast beef sandwiches provides the best way to utilize it. Slice the meat very thin, make it hot in a rich, brown sauce, and pour it over a slice of toast. Do not have too much sauce, and do not cook the meat in the sauce. Have the sauce boiling, remove from the fire, put in the meat, let stand a minute only—then serve.

Lamb chops can be broiled quickly, and, by partly preparing them in advance, what are called stuffed chops may be served. A variety of stuffings are available, mashed potato, macaroni with cheese or mushrooms with onions are among the best. These should bring a fancy price, plain lamb chops being dear, and whether one serves them often or not will depend on the amount of money that the patrons of any special place are willing to pay.

Every particle of flesh on a fowl or chicken can be utilized, and the bones, with a little fresh meat, make possible a really choice soup of corn, tomato or other variety of green vegetable. Pöeled chickens or fowl "spend" better than those that are roasted. Cooked at a low temperature, even the wings are juicy, but this slow cooking of meats—valuable both for hygienic considerations and for profit—is a hard thing to teach. If the earthen receptacle in which the chickens are cooked have sufficient surface, two or three chickens can be cooked at the same time, and with no more fuel than is required for one. Pöeled chickens can be cut and served hot after the manner of roasted chickens, or separated when cold into joints, may be dipped in hot water, rolled in flour and sautéd in hot fat. The bits of meat picked from the large bones of the coarser pieces may be heated in a sauce for toast. A poached egg set above the meat will increase its value. Or these same pieces in sauce may be used alone, or with peas, to stuff and surround an omelet.

This brings us to egg dishes, omelets and chafing dish preparations, which for many reasons must be the mainstay of those who cater to a wandering clientele. None other than a fresh egg can be poached successfully. With fresh eggs no poacher is needed, simply break the egg into the water and it will assume the shape it had in the shell. If a spatula be run under it as soon as it is set upon the bottom to loosen it from the pan, it

may be cooked very uniformly throughout. Good corn-beef hash, creamed chicken or peas, with such an egg above, should be acceptable to the most finicky patron. Experience and a smooth pan are the essentials to success in omelet making. Give a choice of omelets, as Spanish, chicken, ham, bacon, green pea, etc., when convenient, but when hard pushed a plain omelet, with fried potatoes, will be received with favor. As a rule a French omelet is the more satisfactory, when nothing can be added in the way of enrichment or flavor. The long beating of the eggs for a puffy omelet renders it dry and rather tasteless.

Rabbits for quick service should be made over the gas or ordinary range; the usual chafing dish pan is a good utensil for this purpose, because it presents a fair amount of surface to the heat, but the alcohol lamp is too slow. If a chafing dish be not available, a double boiler of ample size is the next best thing. There are novelties in rabbits; tomato rabbit is always good, and at this season a Mexican rabbit, in which green pepper, tomato and green corn pulp are ingredients, should be a favorite. For Golden Buck set a poached egg above the cheese mixture on the toast. For a higher priced dish, we suggest Yorkshire rabbit; this is Golden Buck with two slices of carefully broiled bacon, one on either side of the egg.

Cocoa, made of the powdered article at a moment's notice, can not be compared in mellowness and richness to cocoa made of a stock of cocoa-syrup kept on hand. The quantity of syrup prepared at one time should depend on the volume of business done, for the syrup will not keep indefinitely in hot weather. We append the recipe given in the March number of this magazine.

Cocoa to Serve Thirty

Put one cup and three-fourths of boiling water into a double boiler; add three-fourths a cup of cocoa and let stand

undisturbed till the cocoa is moistened; stir thoroughly, then add one cup and three-fourths of boiling water and stir again. Let cook one hour; add two and one-half cups of sugar, stir till dissolved and let cook half an hour. When cold add half an ounce of vanilla extract and strain through cheese cloth. There will be one quart of cocoa syrup. This may be used at once or it may be set aside for use as needed. To serve two, divide one-fourth a cup of the syrup between two cups and pour three-fourths a cup of hot milk into each cup. Stir and it is ready. For thirty scald six quarts of milk in a large double boiler, add the quart of cocoa syrup, beat with spoon or egg-beater and serve at once.

Cocoa to Serve 125

Use one pound of cocoa, five pounds of granulated sugar, three and one-half quarts of boiling water and two ounces of vanilla. Prepare as above, putting half of the boiling water into the boiler at first. A spoonful of whipped cream or two marshmallows, floating on the top of the cocoa in each cup, are additions generally approved.

Frozen desserts and cold beverages will be welcomed during the hot months. Ices frozen and packed in a fireless cooker, with ice unmixed with salt, will keep well over night. If the cooker is to be opened *often* during the day, some other means of keeping the ice frozen will be needed. Beverages chilled by contact with ice are much more hygienic than those to which crushed or broken ice is added. Glass fruit jars are convenient receptacles for storing such drinks. Syrup and fruit juice only need be stored and chilled, unless it be that the water itself does not run cold. Fruit punch as also fruit ices are smoother and have more body, when syrup rather than sugar is used for sweetening. When possible let stand to ripen and mellow a day or two before adding the water.

Lessons in Elementary Cooking

By Mary Chandler Jones

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LESSON XII.

Meat (Concluded)

IN our study of meat cookery, we have now seen the quick cooking of meat in roasting and broiling, where the object is to retain the juices; and the preparation of soups and broths, in which we aim to extract the juice, leaving the meat comparatively dry and flavorless. In this lesson we shall examine the making of stews, both as to the objective point and in the method by which we may accomplish that end.

In a stew, we wish both to extract and to retain the juices. The meat should be of good flavor and tender, while the liquor of the stew is also palatable and savory. Both parts are to be eaten and are of equal importance in the preparation and serving. If we remember the fish chowder, it is possible for the pupils to suggest the way in which the stew is to be prepared and the proper temperature for its cooking.

For a stew, we choose the tougher cuts of meat rather than the tender pieces needed for roasting and broiling. This we do because the long, slow cooking makes it possible to utilize the less expensive cuts, and, still more, because these cuts are really better in flavor than the tender portions. The reason for this we shall see later, in our study of marketing and the choice of meat for various purposes.

With a stew may be combined many vegetables, varying the flavor of the dish at pleasure. Let the pupils make a list of the vegetables and herbs used to give savoriness to the stew. (Which of these add to the food value and which are useful only as condiments? Which of the following vegetables may be added without previous cooking: pota-

toes, carrots, onion, turnips and rice? Why must the potatoes be parboiled beforehand? Are potatoes and rice necessary in the same stew? Why?)

The meat for a stew may be sautéed or pan-broiled before being put into the cold water which is to form the liquor of the stew. In this way the flavor of the meat will be better but the juice will have less character. (Why? What would be the advantage in browning a part of the pieces of meat and letting the rest stand in the cold water to draw out the juice?)

Lamb Stew

1½ lbs. neck of lamb	4 potatoes
1 medium-sized onion	Salt and pepper

Wipe the meat carefully and cut it off the bone. Cut the meat into pieces about one inch in size and place half of it, with the bones, in cold water to cover it. Let it stand at least thirty minutes and then bring slowly to the boiling point. Brown the remaining pieces of meat in a frying-pan with the onion and a little of the fat from the meat. Add this to the meat in the water and let it cook two or three hours in water just below the boiling point. (The meat may be cooked at this point in a double boiler, in which the water underneath is kept boiling. This insures the non-boiling of the stew.) About one-half hour before serving, add the potatoes, cut into half-inch dice, and already parboiled for five minutes. Add also carrots, cut into dice, if liked. Rice, if desired, should be washed and added so that it may cook with the stew for perhaps an hour. Why is such long cooking necessary in the stew, when rice will boil in a shorter time?) Tomato may be added just before serving, if desired.

Remove the bones, season with salt and pepper and serve hot.

(Why is the meat cut for stew? Why is it not cut so small as for soup? Why is it allowed to stand in cold water? Why is not the water allowed to boil? What is in the bones which makes it best for the water to come to a boil? Why is not the salt added until the stew is done?)

Meat is preserved in many ways, such as drying, salting and smoking. These methods are frequently combined, so that smoked ham and dried beef are also salt. In preparing dried beef we remove a part of this salt by pouring boiling water over the meat and letting it stand ten minutes. As the water cools slowly the meat is not over-cooked, yet it is cooked slightly and the salt is drawn out. Sometimes the meat becomes even a little too fresh, but a new supply of salt may be added.

Dried Beef in White Sauce

1 box of dried beef	Salt and pepper
1 cup of white sauce	

Tear the beef into pieces with the fingers and remove pieces of membrane and extra fat. Cover with boiling water and let it stand ten minutes. Prepare the white sauce and stir the meat into it. Let it be thoroughly heated, but do not let it boil. Season with salt and pepper and serve hot on toast.

(Why not *boil* the dried beef in the white sauce?)

The subject of *marketing* is too important to pass by, yet too complicated and difficult to learn from any book or from pictures. It is best studied by experience in selecting meat, under the guidance and instruction of an honest, courteous and intelligent butcher. If it is possible for the teacher to take her class "to market" under the teaching of such a man, this is undoubtedly the best way to gain a first knowledge of the cuts of meat, their uses and relative values. Even with such a beginning it

will be necessary for the pupil to continue and to observe, in order to keep and to perfect her knowledge by practice. It is possible, however, for a pupil to have in mind certain general laws, which shall be of assistance in understanding the structure of the animal and the consequent location of the different cuts. In different parts of the country these cuts are named variously and are somewhat differently divided, but their uses and relative values remain the same.

If any museum of natural history be at hand, skeletons may be studied to advantage. The pupil may also imagine herself as standing on "all fours" and compare the muscular portions of her own body with those of a four-footed creature, in a way that is helpful. She may, in this way, see where will be the less-used muscles, the greater proportion of flesh to bone and also the tough muscles and the bony portions.

Muscles that are frequently used have a free flow of blood through them, in consequence of this exercise. (Let the pupils recall the glow of vigorous circulation that follows energetic work or play.) This frequent use of muscles also makes them hard and tough, as may be seen by feeling the upper-arm muscle of an athletic girl or boy and comparing it with less-used muscle. By the same means, then, flesh becomes both tough and well-flavored. Let the pupils enumerate the muscular parts of their own bodies, which receive most exercise, and compare them with the neck, back and shoulder and leg portions of the ox. How many parts of an animal are likely to be tough? How many tender? Why is the tender meat more expensive meat? What advantages has tender meat over tough cuts? What advantages has tough meat, aside from price? Considering the price, which gives greater food value, a tough or tender piece of meat? In summer, would it be always economy, even in money, to buy a cheap piece of meat and cook it a long time?

The beef-creature is cut into two portions, along the backbone, each of which is known as a "side of beef." The subdivision of this side varies; but, in general, we may say that the back upper part of the creature yields the choicer, more expensive cuts, suitable for quick cooking; while the portion toward the head and legs gives us the cuts used for stews, and broths. The most tender muscle, with the least flavor, is the hidden muscle named in honor of its chief quality, the tenderloin. (Why is tenderloin so costly a part of the animal?)

The meat of young animals is more tender than that of older ones and of less good flavor. (From what has been said above, why should this be so? Would you select chicken or fowl for the preparation of broth for an invalid?) The more mature meat is also more nutritious and has better keeping qual-

ities than that of young animals.

By some study of plates and intelligent visits to the market the pupil may become familiar with meat and recognize the cuts at sight. It will still be necessary, for the best purchasing, for her personally to choose her cuts and inspect them upon delivery. A butcher prefers to serve an intelligent and appreciative customer rather than a careless and unreasonable one, who scarcely knows when she is well served and who finds fault because she is too negligent to take proper care in ordering.

Meat is too expensive a food to be carelessly purchased and ruined in the preparation. Probably many American families might, with advantage, reduce the amount of the meat-bill, both by eating less meat and by making more use of the less expensive cuts.

The Fireless Cooker

By W. J. Miskella

RECENTLY, much interest in connection with the saving of fuel in the home has developed as a result of the activity that has been shown by the many manufacturers of fireless cookers, and those who use them do not, as a rule, have a clear idea of their structure and how food can be cooked in them without a fire.

The remark has often been made that the name chosen for a new device is the chief factor that marks its success or failure, and so it is in this case. The mere mention of the word "fireless" at once places the enthusiastic supporter of this important addition to the list of modern culinary apparatus on the defensive, for the word, "fireless," immediately becomes coupled, in the mind of the "listener," with the word, "impossible." In fact, the word "impossible" has predominated to such an extent that after several years of wide publicity

there are yet many persons who cling to the fundamental idea that it is impossible to cook without fire. The persons who hold to this rule are really in the right, because, in the so-called fireless cooker, there is an abundance of heat. The difference of opinion comes in overlooking the fact that the absence of *fire* does not necessarily mean the absence of *heat*. How much more logical and reasonable it would appear to the average person, if, instead of speaking of "fireless cookers," they were referred to as "slow cookers" or "heat preservers."

It is true that many good descriptions of the fireless cooker have been published, but, with all due respect to those who have endeavored to enlighten the public upon this new device in domestic science, none of the descriptions, at least none that have come to the writer's notice, have been definite and detailed enough to make the matter evident and

clear to all.

The writer will endeavor to deal with this subject in elementary terms and to show, step by step, just what happens, and to contrast the ordinary results of cooking with those that are obtained through the use of the fireless cooker.

The thing that we are interested in primarily is heat. We speak of three kinds of heat; radiated, convected and conducted. Radiated heat is that transferred through space from some heated body. The sun, for example, gives off radiated heat, which comes to us in the form of heat waves. The steam radiator or stove in our home gives off radiated heat, the waves of which we may readily observe on a clear, sunny day as they arise from the hot stove or radiator. Naturally, the nearer we get to the radiator, the more intense the heat is.

Conducted heat is that transferred within the same body. If, for example, one end of an iron rod be held in the fire, or over a flame, the heat will, in a short time, be felt at the other end. The heat in this case, is said to be conducted from one end of the rod to the other. The iron rod is, therefore, said to be a good conductor of heat. Now, suppose that one end of a wooden broom handle be held in the fire; the other end will not even become warm, simply because wood is a poor conductor of heat.

Convected heat is always associated with circulation. When the air of a room is heated by a stove, the air nearest the stove becomes heated first and then rises, while the colder air falls to take its charges of heat. This process goes on until all the air in the room is of uniform temperature. Water in a kettle is, likewise, heated by convection. The heated particles rise to the surface as fast as they are "charged" with heat. It should be understood that there is a close relation between heat by radiation and heat by convection, but in order that this subject may be made as simple as possible, we will not attempt to distinguish them, but rather call them both

radiated heat.

The next thing we are concerned with is the stove; and once more, for the sake of simplicity, we will consider a gas stove as the source of heat supply. Here, we have a flame under a kettle of cold water and in the water some potatoes or other edible, to be brought to the boiling point in water. If the burner be lighted, after a little, the water will begin to bubble on the surface. The temperature of the water has, therefore, been raised from 50 or 60 degrees to 212 degrees, that is the boiling point of water. It is impossible to make water any hotter, after it has once begun to boil. If the gas be turned up higher, the bubbles will become larger and the agitation more rapid, but the water will not become any hotter.

It is necessary to note here that the bubbles referred to in connection with boiling, are not the little ones that appear around the edge of the kettle. These small bubbles break below the surface and the water is said to simmer, while the water is said to boil when the bubbles grow large and the surface is completely agitated.

From this it is evident that there is a waste of gas, if the flame be turned higher than is necessary just to keep the bubbles moving.

When the gas under the pan of potatoes is lighted, the room, we will assume, is not noticeably warm, but at the end of half an hour, when the potatoes are cooked, the temperature of the kitchen will have risen considerably. As a matter of fact we do not light that gas burner to heat the kitchen. We simply desire to cook potatoes. Anyway, the kitchen does get much warmer. We will suppose further that the potatoes are removed from the pan and the water is allowed to remain in the kettle with the gas cut off. At the end of fifteen minutes, it is found that the water has cooled to luke warm.

To follow out our plan of reasoning, then, we must determine which kind of

heat caused the change in the temperature of the room, so we refer back to the definitions of the different kinds of heat and find that it was radiated heat, because it was transmitted through the air from the gas stove; and the fact is also evident that the nearer we approach the gas stove, the more noticeable the heat becomes.

These are the facts to be remembered:

First—That the kitchen gets considerably warmer.

Second—That the potatoes cook in half an hour.

Third—That the water cools considerably in fifteen minutes.

Fourth—That the heat becomes more and more intense as we approach the stove from a remote corner of the room.

We will now notice what happens in the fireless cooker. A fireless cooker consists simply of a metal-lined box having thick double walls. That is all there is to it—nothing more. In order to have the walls thick the space between the inner and outer sides is filled with some sort of packing material, the one requirement of which is that it shall be a poor conductor of heat, such, for example, as paper, wood, shavings, wool, etc.

The heat escapes from the cooker very slowly through these thick walls in the form of conducted heat, that kind of heat that escapes from one end of a wooden broom handle, when the other end is held in the fire as previously referred to. The theory is that the heat passes through the air in the form of waves. If all the air be removed from the space between the walls of the fireless cooker, a vacuum will result and the effect will be that very little heat can pass. It is, however, very difficult to maintain a vacuum permanently without making the cost of the cooker prohibitive, so we must seek the best substitute to place between the walls of the fireless cooker. Mineral wool, a material resembling spun glass, is made up of a large number of very closely packed

hairs, and is a very poor conductor of heat. When this material is used, it separates the air between the walls of the fireless cooker into such a large number of little individual cells that the waves of heat are almost entirely prevented from making progress, and it takes hours for the heat to escape—the same heat that would otherwise serve to heat the kitchen. It is a fact that much of the heat does finally succeed in escaping from its little prison, but it escapes so gradually and so slowly and is conducted off in such a regular, quiet way that, ordinarily, it is impossible to notice any change in temperature. Contrast this with the case where the vessel is being heated on the stove, in the ordinary way, and where the heat escapes with such freedom and rapidity that the cook is often driven from the room to seek a few drafts of cool, refreshing air.

The instructions given with the fireless cookers are to boil the potatoes for ten minutes and then *quickly* place the pot that contains them in one of the compartments of the cooker. As a matter of fact, it is not necessary to boil the food for even one minute after the vessel has been brought to a boil and the contents have become thoroughly heated. The manufacturers simply place the minimum time limit on the boiling so that the user will be sure to impart the maximum degree of heat possible to the vessel before it is placed in the cooker. It is, however, very important to make the change from the stove to the cooker very, very rapidly, since the heat escapes so quickly in the open air.

We now have the heated vessel enclosed in an air-tight box, where, in order for any of the heat to get away, it must pass through the thick walls made of a material that is a poor conductor of heat.

Then, instead of requiring half an hour to cook over the gas burner, with a constant supply of fuel, it requires about one hour for the potatoes to cook

in the fireless cooker, without any constant supply of fuel. Also where it takes the water fifteen minutes to cool after the potatoes have been removed, as referred to above, it takes five hours for the same change to take place in the fireless cooker. In the one case, then, the potatoes are cooked in a hurry with a great loss of heat and with a considerable consumption of gas, while, in the other, the cooking is prolonged over a period of an hour or more. By one method the odors given off by the different foods are allowed to escape and penetrate the atmosphere of the house, while by the other method the odors are confined as the heat so that they cannot get out, with the result that the original flavor of the food is retained, even in the case of potatoes. In one case, the rapid agitation in connection with boiling tends to disintegrate the food, while, in the case of the fireless cooker, there is no agitation to cause disintegration, and as a result the food comes out of the fireless cooker in almost its original form.

It is necessary to have the cooking

vessel used in the fireless cooker so arranged that the lid can be secured to it, in order to keep in as much of the steam and heat as possible.

Almost anything may be used as a filling between the walls of the cooker, such, for example, as paper, cork, sawdust, shavings, and so forth, but the best materials, as stated above, are mineral wool or asbestos. To give an idea of what difference the packing material makes, the potatoes would probably take three hours to cook, if the packing were of paper, whereas they will cook in only one hour, where a mineral wool packing is used.

Unfortunately some cookers that are made and offered for sale are packed with the poorer materials. Strangely enough, the cooker works in a sort of a way, no matter what the packing is and, therefore, some pleasing results may often be had from the cooker made with the poorer packings, but the best results and greatest satisfaction are obtained from those in which the very best materials for the purpose are used.

The Voyage of Life

Life is a voyage. The winds of life come
strong
From every point; yet each will speed thy
course along,
If thou with steady hand when tempests blow,
Canst keep thy course aright and never once
let go.

Life is a voyage. Ask not the port unknown
Whither thy Captain guides his storm-tossed
vessel on;
Nor tremble thou lest mast should snap and
reel;
But note his orders well, and mind, unmoved,
thy wheel.

Life's voyage is on the vast, unfathomed sea
Whereof the tides are times, the shores,
eternity;
Seek not with plummet, when the great waves
roll,
But by the stars in heaven mark which way
sails thy soul.

—Theodore C. Williams, in "Poems of Belief."

Practical Home Dietetics

By Minnie Genevieve Morse

IV. Diet in Chronic Kidney Disorders

THERE is, perhaps, no sort of protracted illness in which the household provider finds it a more difficult task to arrange an appropriate and yet sufficient and varied menu for the invalid, than in chronic disorders of the urinary system. To keep up the patient's strength through months and years of such illness, without influencing his condition for the worse by feeding him too generously or allowing him articles of food that will prove irritating to the already weakened excreting organs, is often a very serious problem even to the trained dietitian. In kidney diseases of shorter duration, a semi-starvation diet may do little harm, as the reserve fuel stored in the body will support it for some time, but when a disorder is likely to extend over a considerable term of years, it is decidedly another story.

Patients with long-standing kidney affections, who are not greatly inconvenienced by their condition, but are, perhaps, able to lead a moderately active life, often chafe a good deal at being deprived of certain kinds of food, and think it would do them no real harm to indulge in the pleasures of the table that they see others around them enjoying. But while the forces of disease may work silently, their action is none the less sure, and injudicious indulgence in articles of food that will overwork organs, whose capacity for work is already impaired, may not only produce an increase of discomfort, but mean the more rapid progress of the disease.

The principal affections of the urinary system that are of long duration are Bright's disease, a tendency to

renal calculi, popularly spoken of as stone in the kidneys, or "gravel," and diabetes mellitus, which is not a disease of the kidneys at all, but is often considered under the head of urinary disorders, because its best-recognized symptom is the constant appearance of considerable quantities of sugar in the urine. In all of these diseases, much more can be done for the patient by means of careful dieting than by drugs or any other remedial measure, and cheerful co-operation on the part of the sufferer and the exercise of ingenuity and planning on the part of those who prepare his meals are most material aids in rendering his condition as tolerable as possible.

It is impossible to avoid the use of a few long technical terms, in speaking of kidney diseases, but their meaning is simple enough, and can be readily explained by a few words of description of the structure and functions of the kidneys. The latter are two bean-shaped organs, lying one on each side of the body, which have as their special work the removal from the blood of the waste substances which are ready to be carried off from the body. These are mainly the end products of nitrogenous foods. The outer part of the kidney consists of a very complex tubular structure, in which highly specialized cells come in contact with minute blood vessels, withdrawing from the blood current its waste material, which is drained through the tubules into the central cavity or pelvis of the kidney, and passes thence through the long pipes known as ureters into the bladder, and so out of the body. When this working tissue of the kidneys becomes inflamed or deteriorated, the elimination of waste products is not properly carried on. When the principal waste substance, called urea, fails to pass off through this elaborate drainage system,

it accumulates in the body and poisons it, causing what we know as uremia, or uremic poisoning. When the weakened cells allow the albuminous matter in the blood, which is intended to nourish the body, to leak through into the kidneys, we have albumin in the urine, or albuminuria. If the kidneys become too weak even to properly carry off the water taken into the system, the quantity of urine becomes much reduced, and the surplus water leaks into the tissues of the body, producing what we know as dropsy, or edema. The term Bright's disease, or nephritis,—the latter meaning simply an inflammation of the kidneys,—is used to cover a number of different affections, acute and chronic.

Chronic parenchymatous nephritis is a long-continuing inflammation of the parenchyma or working tissues of the kidneys. These become so inflamed and deteriorated that they become less able to select the waste material from the blood current, but allow other constituents of the blood to exude into the tiny tubules, which often become considerably choked by this exudation and the degenerated cells from their own interior. These disease products frequently form a false lining to the tubules, which often comes away in a perfect form; these are the "casts" found in the urine of patients with this form of disease.

Chronic interstitial nephritis is a disease characterized less by active inflammation and more by atrophy than the above. There is an overgrowth of the interstitial or connective tissue surrounding the working portions of the kidneys, and a shrinking and degeneration of the working tissues themselves. While the former type of disorder is liable to attack the young and middle-aged, this latter is distinctly a disease of the elderly, whose vital organs all show more or less tendency to atrophy and degenerative changes. Its course is longer than the parenchymatous form, sometimes continuing as long as twenty-five or thirty years.

It can be readily seen that in both of these conditions the kidneys are greatly embarrassed in doing their duty, and, as in the case of any other part of the body that is out of order, the indication is to rest the organ concerned, as far as is possible. It is, of course, impracticable to rest such hard-worked organs as the kidneys in the sense that one can rest a broken arm; all that can be done is to reduce their work to the minimum that is consistent with the maintenance of life and a fair degree of strength, and this is to be done almost entirely by means of diet.

Unfortunately, it is that very important and necessary class of foods known as the "tissue builders" which puts the most work upon the kidneys: the proteids, or nitrogenous foods, among which meat, eggs, and milk hold the leading places. The red meats are the worst of all, owing to certain irritating extractives that are derived from them. When the kidneys are known to be working badly, the patient is usually put on an exclusively milk diet for a certain number of weeks, until his condition improves. While milk contains nitrogenous material, it is in such a bland form, and contained in such a large proportion of water, that its end products are more easily carried off by the kidneys than those of other nitrogenous foods. Furthermore, milk is our most nearly perfect food, and will of itself sustain life, if given in sufficient quantities. But in a disease of long duration, a patient who is able to be up and about, and perhaps even to lead a moderately active life, is obliged to take such a large amount of milk in the twenty-four hours, in order to keep up his strength, that a strong distaste for it is likely to result, with various digestive disturbances. If, on account of certain unfavorable symptoms, the milk diet must be continued for a long time, the monotony of taking plain milk may be varied by giving it as very weak tea or coffee, flavored with lemon or orange, in the form of junket,

or even, under proper conditions, thickened with rice, tapioca, or sago. When a fair amount of farinaceous food can be allowed, a great deal of milk may be given in the form of gruels, soups, and puddings of which milk is the basis. Many patients are contented on a diet composed principally of bread and milk. When the patient is allowed, in addition to a certain number of glasses of milk, such articles as the cream soups, purées of potatoes or celery, rice and bread and other milk puddings, and the various breakfast cereals, a sufficiently varied menu can be arranged to prevent the patient's tiring of any one article of food. The number of meals to be provided, and the amount of milk and other food to be taken, are, of course, prescribed by the physician in charge, and there should be no deviations from his orders.

Chronic kidney disease cannot be cured, but there is often a great improvement in the patient's condition, and under such circumstances most physicians allow a fairly general diet; not dispensing with the milk altogether, except in those rare cases where some personal idiosyncrasy makes its use unwise, but replacing it in part by more hearty food. This mixed diet usually includes broths, with barley or rice; soups made from fish and certain vegetables; fresh fish, boiled or broiled, but never fried; chicken or game, in small quantities, and fat bacon; almost all kinds of bread-stuffs, when not too fresh, and all kinds of cereals; almost all kinds of vegetables, except peas and beans, which contain a form of albumin which puts extra work on the kidneys; fruits, both raw and cooked; and the numerous milk puddings mentioned above. With this wide range of foods to select from, very attractive and varied menus can be prepared, the principal deprivation being the absence of red meats. Even these are often allowed in favorable cases, in small quantities, given not oftener than once a day. In preparing broths, care should be taken not to make them too rich, nor to

allow them to contain too much meat juice. Fried and greasy foods, rich and highly-seasoned dishes, and all pastries and fancy desserts, should be omitted from the menu; they are difficult of digestion, and articles of food that contain spices and condiments are irritating to the weakened kidneys. The quantity of salt eaten should be small, as it, also, has an irritating effect. Alcohol in any form should be prohibited, save in exceptional cases, but most authorities contend that a morning cup of coffee may safely be taken.

As in all other forms of illness, the perfection with which the invalid's meals are prepared, and the daintiness with which they are served, have a very strong influence upon the appeal which they make to his appetite. Even a very simple meal can be made to appear attractive by the use of pretty china, glass, and silver, and dainty and spotless linen. When only the ever-present glass of milk can be taken, it seems less monotonous, if presented to the invalid in glasses and cups of different color and design.

Large quantities of water were formerly given to patients with kidney disorders, in the effort to wash out the accumulations in the tubules, and to dilute the materials that must be carried off in the urine. It is possible, however, for the kidneys to be in such condition that they cannot even excrete water without difficulty; the urine becomes scanty, and the patient grows dropsical from the leakage of the surplus water into the tissues. Physicians are, of course, governed in this matter by the patient's condition, and strict adherence to medical orders along this line is very important. Next to pure water, lemonade is perhaps the most highly recommended drink in kidney diseases.

Renal calculi, or stone or gravel in the kidney, are the result of the precipitation of some of the solid constituents in the urine, most frequently uric acid. They may be so small as to be scarcely noticed, or so large as to cause intense

suffering in their passage through the tubes leading from the kidney to the bladder. Or they may become embedded in the kidney itself. When there is a tendency to this sort of trouble, over-eating should be carefully avoided, and but little meat should be taken, owing to the ready formation of uric acid from it. Highly-seasoned food, strong condiments, and foods that are likely to cause acid dyspepsia should be avoided. On the other hand, the free drinking of pure spring water and such alkaline waters as Carlsbad, Vichy, and the carbonated waters helps to counteract the tendency to acid precipitation, and to dissolve and disintegrate such stones as may be forming.

The housewife whose family includes a person suffering from diabetes mellitus has her ingenuity even more severely taxed, in the providing of a suitable menu, than the one who has to arrange the meals for a case of chronic Bright's disease. Diabetes, as stated above, is not a disease of the kidneys, but one in which, owing to the defective working of some other organ,—frequently the liver or pancreas, but sometimes the cause is more obscure,—there is the passage of large quantities of urine containing sugar. There is usually extreme thirst, and the patient loses weight and strength.

Someone has said that the care of the diabetic should be pretty evenly divided between his doctor and his cook; and certainly the two should be in very close touch, for upon the diet rests the burden of reducing the abnormal excretion of sugar; and yet cases vary so much that the treatment best fitted for one patient will not be at all the right thing for another. Sugar is made in the body not only from sweet foods, but also from those which contain starch, and it is these two classes of foods which make bodily fat, as well as supply heat and energy by their combustion in the system. Stout and vigorous persons may be actually benefited by a decrease in this sort of

food, but the effect on the thin and feeble will be very different, and a diet strict enough to lessen greatly the amount of sugar in the urine may absolutely endanger the life of such a patient. Most careful instructions must be given by the physician in charge to the one who is responsible for the diabetic's meals.

In general, however, the diet is one from which sugar in all forms, ordinary kinds of bread-stuffs, starchy vegetables, cereals, and sweet fruits are excluded. Along other lines, the variety allowed is considerable. All the soups and broths, without farinaceous ingredients, may form a part of the menu; all kinds of fish, when prepared without a dressing containing flour; eggs in all styles; practically all kinds of meat, unless cooked in flour or bread or cracker crumbs; fresh vegetables like string beans, lettuce, spinach, onions, celery, and cucumbers; the fruits containing least sugar, like oranges, grape-fruit, lemons, sour apples, peaches, and almost all kinds of berries; and oily nuts such as almonds, walnuts, filberts, and Brazil nuts.

The most serious deprivation is that of white bread, that "staff of life" that we use so constantly, and which helps to round out so many insufficient meals. Various special kinds of bread, made from gluten flour, almond meal, and other preparations supposed to be comparatively free from starch, are often used in diabetes, and the preparation known as "gum gluten" can be used not only for bread, muffins, and wafers, but also as a breakfast food and in the form of macaroni. These diabetic flours all have certain disadvantages, however, and some physicians prefer to allow a small quantity of ordinary bread or crackers.

The natural craving for sweets and for a dessert course at dinner can be met by using small quantities of saccharin or sweetina. Both of these are coal-tar products much sweeter than sugar, which can be used in tea or coffee, or added to desserts after they are cooked. Custards and jellies can be sweetened in

this manner, and whipped-cream desserts made in a similar way are specially useful for dabetics, as a good deal of fat is necessary in this disease, to take the place of the forbidden sweet and starchy foods in supplying heat and energy to the body. One authority says that the diabetic should take not less than a quarter a pound of butter and half a pint of cream a day. Other useful fat foods are olive oil, cheese, bacon, and oily fish.

Lunches midway between the regular meals are desirable in diabetes, and there should be as much variety as possible in these, as well as in the more elaborate meals.

The excessive thirst accompanying diabetes necessitates drinking a good

deal of water and other beverages; and while a reasonable moderation should be observed, much restriction leads to such actual suffering as sometimes to seriously affect the nervous system. Dr. W. Gilman Thompson, the dietetic authority, suggests that "the patient should drink only from a small glass, for there is more satisfaction in draining it than in taking the same quantity of fluid from a large glass that one is not allowed to empty." Tea and coffee are allowable beverages, as are various forms of lemon and orangeade; the latter may be made really nourishing drinks by the addition of the white of an egg. Such alkaline mineral waters as Vichy and Apollinaris seem to be of especial benefit in diabetes.

Hush-A-Bye-Bye

By Ruth Raymond

Hush-a-bye baby, the sun going down
Decks all the mountains with prismatic crown,
While in the valleys the shadows are gray
Closing the gates to the glory of day;
Over the meadows the cool zephyrs sigh
Kissing the daisies, with hush-a-bye-bye.

Hush-a-bye baby, the dewy red rose
Closes its petals in silent repose,
And lilies are sleeping in garments of white
As over them gathers the mantle of night,
The bees are aweary, but homeward they fly,
While birds in the tree-tops sing hush-a-bye-bye.

Hush-a-bye baby, in fair cradle boat
Now you are smiling, and soon you will float
Over the billows that break on the sand,
Silver and golden, of sweet Slumber Land.
Mother waits near all your wants to supply,
Softly repeating, a hush-a-bye-bye.





Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Chocolate Cake for Thirty People

2 cups of sugar	ing powder
$\frac{1}{4}$ a cup of butter	$\frac{1}{4}$ a cake of chocolate
2 egg yolks	2 teaspoonfuls of vanilla
1 cup of hot water	$\frac{1}{4}$ a teaspoonful of salt
3 cups of sifted flour	
3 teaspoonfuls of bak-	

CREAM the butter; add one cup of sugar and the egg yolks, beaten very light. Dissolve the chocolate in a dish placed over a pan of hot water; add one cup of sugar, the hot water, and let come to a boil; stir into first mixture. Sift in flour, baking powder, and salt; add vanilla. Beat mixture thoroughly until air bubbles appear. Fill buttered cake pans about one and one-half inches thick with cake dough. If thicker than this, too hot an oven will be required to bake it, and it will burn. Bake in a moderate oven thirty to forty minutes, or until when pressed lightly with the finger the cake will spring back.

Frosting

Cook two cups of sugar and one cup of water until syrup will make a thread three inches long when dropped from tip of spoon. Beat the whites of two eggs very stiff. Pour syrup in tiny stream over beaten whites, beating mixture constantly; add two teaspoonfuls of vanilla, and continue beating until of right consistency to spread.

One ounce of melted chocolate may be mixed with one-half of the frosting as soon as syrup is poured over beaten eggs. Cover cake first with white frosting and allow to dry; meanwhile, keep

dish containing chocolate frosting in a pan of warm water to prevent becoming too hard. When first frosting is dry, cover with chocolate frosting.

Boston Stew

One slice, or more, of round steak. Trim off the fat. Place it, the marrow from the bone, two tablespoonfuls of butter, and one small onion into a kettle and fry a few minutes. Cut meat in pieces about three inches long, and two or three inches wide. Put in the kettle and fry on both sides until slightly brown. Add water to a little more than cover the meat, and a little salt. Cover and let stew slowly for about an hour or until meat is tender, adding hot water from time to time as needed. When meat is tender, thicken the gravy. Use three level tablespoonfuls of flour, mixed to a thin paste with water or milk, to every pint of liquor. M. V. M.

* * *

Coffee Making

MY dear Mrs. Hill: I notice some correspondence in the magazine in regard to the making of coffee, and, from some of your replies, it seems to me that you have not got as close to the secret of good coffee as I have, which makes me wish to pass on to you what I have learned from others, and from experimenting myself. The following definite rule was given me by a Southern lady of the old school, one who recognized the fact that the cook had not scalded the pot, or had shortened

the simmering time by five minutes.

To one cup of ground coffee add one-third of an egg, yolk and white stirred together, with just enough water to enable you to measure it out in teaspoons by eye. Add a spoonful or two of water, if necessary, to moisten coffee thoroughly. Pour on five cups of boiling water. Bring to a boil *as soon as possible*. (This is important). Boil one minute—two minutes—three minutes—according to your own taste, but never more than three minutes. Pour in one-half a cup of cold water to check the boiling. Move to part of stove where it will simmer very slowly for twenty minutes.

By much personal experimentation I have satisfied myself on the following points. The quick bringing to a boil is what gives the bright, fresh flavor. The long simmering gives the mellowness. For the first reason, we make it with the hottest water possible. Just as good coffee can be made with cold water, if you have, as on a picnic, a hot flame and wide-bottomed, shallow receptacle for the coffee. But made in the ordinary cylindrical coffee pot, over the ordinary heat of the stove, you will have "dead" coffee, if a cold or lukewarm mixture works its slow way to a boiling point. And it will have a "sharp" taste, if not given the proper amount of simmering.

* * *

Salad of Cherries and Cheese

PROCURE large, black, canned cherries. Remove the stones. Chill thoroughly. Fill the cavities with the following mixture:

1 Neufchatel cheese	1/4 a cup of cream
1/2 a cup of pecan meats, cut fine	Salt and paprika to suit taste

Serve on lettuce, with mayonnaise.

This quantity of cheese mixture will fill enough cherries for six portions. If a more elaborate salad is desired, use part black and part white cherries.

Of course, when fresh fruit is in season, it is to be preferred to canned cher-

ries.

Be sure to chill thoroughly, before serving.

C. B. F.

* * *

The Economy of Parmesan

DURING the last year, the *Boston Cooking-School Magazine* has published many particularly good recipes requiring cheese. Two, which I use frequently, are "Italian Gnocchis" and "Cheese Custard." In each instance cheese is called for, and being addicted to Parmesan, I used it in these dishes as well as the cheese sauces published from time to time. It requires one-fourth to one-third less Parmesan than any other cheese and retains its fine delicate flavor as long as a scrap of it remains. Being hard, it grates well and leaves the grater in much better condition than the soft cheese that comes from the grocer. Parmesan costs from forty to sixty cents a pound, but one uses so little that it makes quite a difference in both bills and digestion. Every city and nearly every town can boast of at least one Italian fruiterer where Parmesan, olive oil, spaghetti and mushrooms may be purchased at lower prices than at the large grocers, and, besides, these things are invariably of better quality than could be found elsewhere.

Have you ever tried to stuff or devil an egg, even though fresh and, when cut, find the yolk had settled almost through the white? The yolk may be balanced directly in the centre by setting the eggs over night, *large end uppermost*, in a saucepan that holds them close together; in the morning pour water over them and cook.

It is not difficult to keep aluminum saucepans bright and new looking, but a frying-pan is almost certain to have fat burnt to the sides and bottom. The manufacturers give directions for cleansing with oxalic acid, which in my case was a complete failure. It is, however,

very easy to keep the pan beautifully bright. Heat the pan and rub with a cleanser while still hot. The heat softens the aluminum a little and the stains rub off nicely. This would never do, however, for aluminum saucepans, as they are too thin and would wear out rapidly.

A. R. C.

* * *

Pineapple Pie (Original)

CUT a good-sized apple in halves. Peel, run through the food chopper, saving all the juice. Add to pineapple one level tablespoonful of flour, one egg, the yolk of another (save the white for frosting) and one half a cup of sugar. Stir all together well and bake with one crust. This should make one pie; if not quite enough add a little water; when baked beat the white of egg dry, then beat in four tablespoonfuls of sugar and spread over pie.

Steamed Fig-and-Raisin Pudding

One cup, each, of chopped figs, raisins, suet, and molasses. One teaspoonful of ginger, one teaspoonful of cinnamon, half a nutmeg, one-fourth a teaspoonful of salt, one cup of sweet milk, one teaspoonful of soda, two and three-quarters cups of flour. Roll fruit in flour. Mix liquids and suet, stir in soda and part of flour, last, add fruit and the rest of flour. Pour in a buttered tin and let steam three hours. Serve hot with caramel sauce. This is good re-steamed and it keeps in a cool place for a week.

Caramel Sauce

One cup of sugar browned in a basin, two tablespoonfuls of starch smoothed in cold water, two cups of hot water added to browned sugar. Stir in corn starch, let cook ten minutes and add butter the size of a large walnut. Take from fire and flavor with a teaspoonful of vanilla. Serve hot.

Rhubarb Pie with Eggs (Original)

This can be cut hot and the juice will not all run out as with the old way of making rhubarb pie. Cut one and one-half cups of rhubarb in pieces and pour boiling water over to cover. Let stand to cool, drain off the water and put in to paste-lined pie tin; this is for one common-sized pie. Beat one egg, the yolk of another (save white for frosting), one level tablespoonful of flour, three-fourths a cup of sugar and one-fourth a teaspoonful of cinnamon in a bowl. Spread well over rhubarb in tin and bake with one crust. Bake well to cook rhubarb tender. Frost the top with white of egg, saved, and three level tablespoonfuls of sugar; brown slightly in a cool oven.

Rhubarb Punch

Cut up ten stalks of rhubarb, mix with four ounces of raisins, seeded and chopped, and let simmer very slowly in three pints of water for an hour. Then strain, add a teaspoonful of rose water (this may be omitted if not liked) and lemon syrup to taste. Bottle when cold, and when serving pour over shaved ice in punch glasses.

Honey Filling for Layer Cake

Blend together one-half a cup, each, of honey and sugar with two tablespoonfuls of water. Heat over the fire until it forms a thread. Remove and beat in the stiff-whipped white of an egg. Beat constantly until the mixture cools and is soft and thick like cream. Spread between the layers and on top of cake.

Honey Almond Cakes

(Nice for teas, luncheons and parties.)

Boil together one pound of strained honey and one-fourth a pound of butter. Take from fire and let stand twenty minutes, then stir in one teaspoonful of ground cloves, the grated rind of a lemon and one-fourth a pound of chopped almonds. Lastly, stir in one pound of flour, sifted with one-fourth an ounce of baking powder. Set away in

a cool place over night. In the morning roll out one-half inch thick, cut into fancy shapes and bake brown. Frost with pink icing.

Apricot Soufflé

Peel and stone six large apricots, chop fine and add one-half a cup of powdered sugar and the stiff-beaten whites of four eggs. Bake in a buttered dish twenty minutes. Serve at once with whipped and sweetened cream.

Banana Soufflé

Whip the whites of three eggs dry and stiff, add three tablespoonfuls of sugar, then fold in the fine-mashed pulp of five or six ripe bananas. Bake in a quick oven and serve with whipped cream, sweetened and flavored to taste. Cherry, blackberry and raspberry soufflé can be made in the same way.

In canning pineapples use one cup of the apple to one quart of strawberries. The color in the berries is a deeper red and the flavor is retained. Make a syrup of sugar and water in the usual way; cook the pines by themselves twenty minutes, then add the strawberries and cook until done.

To can corn, beans, peas or asparagus (in common glass fruit jars): first have the jars and tops well scalded in boiling hot water. Cut up vegetable to be canned, pack in jar with a spoon, add a teaspoonful of salt to a quart jar, screw on top lightly, boil one hour, let cool twenty-four hours; then open, fill with hot water, and boil one hour more. Let rest again twenty-four hours; fill again with water, add rubber; screw on top, let boil an hour, cool and cover from the light. Keep in a cool place. This is the method used by the U. S. Department of Agriculture. Always have the jars full of water; follow directions and you will have success.

I. P.

FOR a refreshing sick room disinfectant put a little fresh-ground coffee in a saucer and in the centre place a small piece of gum camphor. Light with a match, and as the gum burns low allow the coffee to be consumed with it. It is pleasant, healthful and cheap.

When you have a jabot that is troublesome to iron, baste the pleats in position before washing it, then iron and remove the threads. Use fine thread so that no trace of it will remain.

After washing lace and muslin ties, rinse them in clear water, then dip them in milk and iron between cloths.

More Olive Oil

It has long been observed that those who treat olive oil as a common article of food and use it as such are generally stronger and healthier than those who do not. The American has still to learn that there are many ways of using the oil besides in salads. It may be used with good effect as a substitute for butter, in compounding the ordinary brown or white sauce. A teaspoonful of oil added, just before taking up, to every quart of split-pea, bean, potato or other soup, lacking fat, greatly increases its richness as well as its flavor. A child soon learns to like the taste of olive oil on bread in place of butter, while any kind of cold meat, that is to be recooked, is improved by having a little oil poured over it, at least, half an hour before heating.

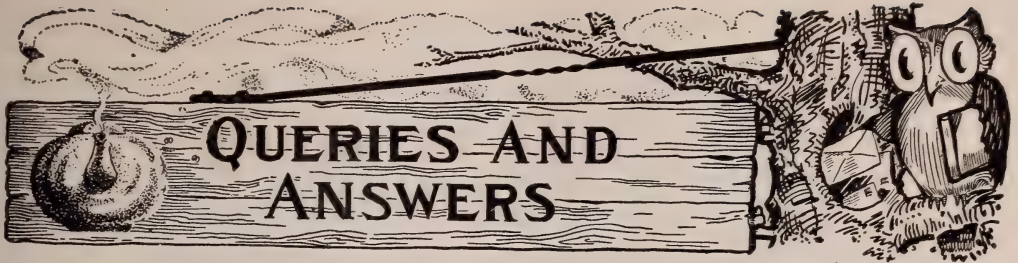
J. J. O. C.

'Tis Morn,—'Tis Night

A blushing sky, a ray shot high,
A veil from Heaven torn.
A golden beam,
A white star-gleam,
A curtain lifts,—'tis morn.

A crimson rift, a billowy clift,
A shaft of yellow light.
An ash-grey bar,
A single star,
A curtain drops,—'tis night.

—*Louise Van Der Horst.*



THIS department is for the benefit and free use of our subscriber. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1741.—“Recipe for Elderberry Wine.”

Elderberry Wine (Fletcher Berry)

Strain the juice of crushed berries, and add, for six quarts of juice, a half gallon of water. Use three pounds of sugar to each gallon of the liquid. Let ferment in a cask or open earthen jar, filling up as it evaporates. When fermentation ceases stop well and set aside for eight months before racking off.

QUERY 1742.—“Recipe for Salted Almonds.”

Salted Almonds

Cover the almonds with luke warm water, and heat quickly to the boiling point; drain and cover with cold water, then press each nut, one by one, between the thumb and finger, to slip off the skin; dry the nuts on a cloth. Beat the white of an egg slightly, then strain it. Dip the tips of the fingers of the right hand into the egg and repeatedly take up and drop a few nuts, until they are well coated with the egg. Continue until all the nuts are coated with egg, then dredge with salt, mix thoroughly and let brown delicately in the oven. Stir the nuts, occasionally, while they are browning.

QUERY 1743.—“Recipes for Iced Chocolate, Jellyed Tomato Bouillon, made of canned bouillon, also from soup bone, and a recipe for Pickled Watermelon Rind.”

Iced Chocolate

Scald milk and make cocoa with cocoa

syrup by the recipe given on page 95. Turn the cocoa into a glass fruit jar, close secure and let stand in the refrigerator until thoroughly chilled. Shake the jar vigorously before turning the cocoa into cups or glasses.

Jellyed Tomato Bouillon (Canned Bouillon)

To one quart of bouillon add one pint of tomato purée (cooked tomato pressed through a sieve) half a teaspoonful of salt, half a teaspoonful of onion juice, half a teaspoonful of paprika and three tablespoonfuls of granulated gelatine, softened in three-fourths a cup of cold water or bouillon; dissolve in the bouillon and tomato heated to the boiling point; strain and set aside in a cool place to jelly. For a firmer jelly use a whole package of gelatine (4 tablespoonfuls). To serve, cut with a knife, dipped in boiling water, into small cubes and dispose these in bouillon cups. If preferred the jelly may be broken up irregularly with a silver fork. This jelly is most appetising when not very firm. It may be clarified with whites of eggs, but by so doing the color of the tomato is lost.

Jellyed Tomato Bouillon (Soup Bone)

To make three quarts of bouillon, have three pounds of shin of beef, with little bone, and three pounds of veal knuckle, about one-third bone; a calf's foot, if convenient, is of advantage,

also the giblets and necks of two or three fowl. Cut the meat in small pieces, and sauté part of both veal and beef in a little hot fat; let cook slowly. Meanwhile put the bones, broken small, and the rest of the meat in small pieces over the fire with about three quarts and a half of cold water; let heat very slowly, add the rest of the meat; when it is nicely browned, put about a pint of the water from the soup kettle into the frying pan and let stand over the fire until it has taken up all of the glaze on the pan, then add this, also, to the soup kettle; beat the whole very slowly to the boiling point, skim, then set the cover over the soup kettle, to leave part of the contents exposed, and let simmer five or six hours. Add one quart of tomatoes, cut in pieces, one onion and one carrot in slices, two stalks of celery, two or three branches of parsley, one teaspoonful of sweet herbs and let simmer an hour, then strain and set aside. When cold remove the fat and, if there be more than three quarts of liquid, let stand over the fire to simmer on one side of the kettle until reduced to the proper quantity. If, when the stock was cooled, it formed a jelly, no gelatine need be added. The use of a calf's foot obviates the use of gelatine, and sometimes the knuckle of veal, without the foot, will supply all the gelatine needed. The jelly should not be too firm. This stock may be clarified with whites of eggs, as is consommé, if desired. The color and flavor of tomato will be more pronounced, if well reduced tomato purée be used rather than raw tomatoes.

Pickled Watermelon Rind

Pare off the green rind from the outside and the pink flesh from the inside of the melon, and cut in such pieces as can be handled. Then cut the pieces into smaller pieces suitable for serving. Cover the pieces of rind with salted water, adding two tablespoonfuls of salt to each quart of water, and let stand overnight. Drain off the water and

set the rind to cook in a fresh supply. When the rind is tender, tested with a skewer, turn into a colander to drain. Weigh the rind and for each seven pounds take three pounds and one-half of sugar, one pint of vinegar and four ounces of stick cinnamon. Put the sugar, vinegar and cinnamon, broken in pieces, over the fire to boil to a syrup; press two or three whole cloves into each piece of rind and let cook in the syrup until well saturated with syrup, then store in fruit jars as canned fruit.

QUERY 1744.—"Recipe for Southern Beaten Biscuit and Pineapple Ice."

Southern Beaten Biscuit

Sift together three cups of flour, one-eighth a teaspoonful of soda, and one teaspoonful (scant measure) of salt. Work in a level tablespoonful of lard, then add one tablespoonful of butter-milk, and cold water, as required to make a very stiff dough. Pass the dough through a roller, made for the purpose, until it is full of tiny blisters. Use no more flour in rolling than is needed to keep the dough from adhering to the machine. Cut the dough in rounds (the cutter comes with the roller, and pricks the dough), and bake in a very moderate oven.

Pineapple Ice

Cook a generous pint of chopped pineapple and a quart of water twenty minutes; add a cup of water and a pint of sugar and cook again twenty minutes, then strain through a cheese cloth, pressing out all the juice possible; when cold add the juice of three large lemons and freeze as usual. When using a can of grated pineapple, in place of the fresh fruit, take half a cup less of sugar.

QUERY 1745.—"Kindly tell me of something to drive away small red ants from a pantry."

To Exterminate Ants

Spread leaves of fresh pennyroyal



Boils

Water
Tea
Coffee
Candy
Soups
Potatoes
Etc.

Cooks

Cereals
Rarebits
Vegetables
Etc.

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THE BOSTON COOKING-SCHOOL MAGAZINE

Vol. XVI

AUGUST-SEPTEMBER, 1911

No. 2

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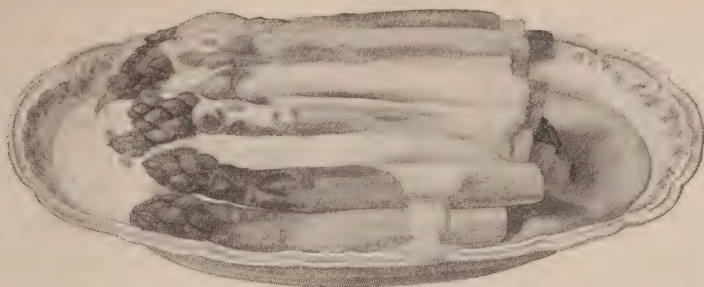
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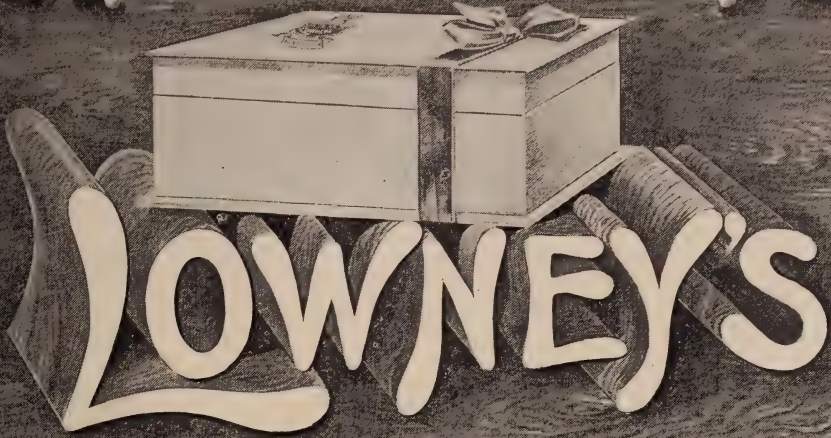
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about the infested places. If the fresh herb can not be procured, saturate a piece of cotton batting with oil of pennyroyal; cut this into bits and scatter them about where the ants are accustomed to appear. Another way is to force a strong solution of carbolic acid or of alum into all the cracks and openings, repeating the process several times if necessary. For the carbolic acid solution use two tablespoonfuls of acid to a pint of water. Use the undiluted acid with care, to avoid burning the hands. To make the alum solution, dissolve one pound of alum in three pints of hot water.

QUERY 1746.—"In recipe for Banana Pie published in March, 1911, number of the magazine, where lemon juice and grated rind are used, should the molasses be omitted?"

Regarding Banana Pie

The recipe reads, "two tablespoonfuls of molasses, or the grated rind and juice of half a lemon." This recipe for banana pie was originated by the editor of this magazine and, as bananas are somewhat sweet and lacking in flavor, acidity was brought in by the use of molasses or lemon juice; both, however, may be used or only one, as suits the taste of those for whom the pie is made.

QUERY 1747.—"Recipes for Spanish Cake and Nut Loaf with Tomato sauce."

Spanish Cake

1 cup of butter	2 teaspoonfuls of
2 cups of sugar	cinnamon
4 yolks of eggs	1 teaspoonful, each,
1 cup of milk	of cloves and
3½ cups of sifted flour	mace
6 level teaspoonfuls	
of baking powder	

Mix in the usual manner. Bake in layers and put together with boiled icing. Or, bake in a sheet, in a small dripping pan, after sprinkling the top with currants or chopped nuts and granulated sugar. The fruit or nuts sink into the cake and the sugar gives a crusty exterior, which answers for an icing. This recipe was given in the October

number of vol. XII. As no further allusion to the cake is made in this or the succeeding volume of the magazine we conclude the recipe was given correctly, still we are wondering if the whites of the eggs are not needed in this cake. We should be glad to hear from any one who has made the cake as it first appeared in the magazine; one making it for the first time better make half the recipe and bake a spoonful of the mixture before turning the rest into the baking pan; if the mixture prove too rich, beat in the whites of two eggs, beaten dry, and it will come out all right.

Nut Loaf

(Vol. V. *Boston Cooking-School Magazine.*)

Crumble the inside of stale white bread, and cut the crust fine. Then dry the whole slowly for two hours in a warm oven. Use a granite pan, and stir the crumbs occasionally. Dry the crumbs without browning them. To three pints of crumbs, measured before drying, add one teaspoonful of salt, one tablespoonful of minced parsley, one tablespoonful of dried sage leaves, crumbled fine before measuring, half a teaspoonful of black pepper, one-fourth a teaspoonful of cayenne, one-eighth a teaspoonful of summer savory, one pint of celery (cut fine or ground), and one sour apple in thin bits. Melt one-third a pound of butter, and in it fry for five minutes one onion of medium size, chopped fine. Pour this over the other ingredients, and mix thoroughly. Beat three eggs. Add one pint of milk, and pour over the mixture. Let stand to soften the crumbs, while three cups of nut-meats—pecans, filberts, and Brazil nuts—are ground fine. Reserve one tablespoonful of the ground nuts for the sauce, and mix the rest into the crumbs. When the whole is well mixed, shape into a loaf four inches wide and three or more inches thick. Butter a perforated tin sheet, put the loaf upon it, and set to cook in a rather slow oven. Bake one hour and a half, basting often



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with butter melted in hot water. Serve on a hot platter. Garnish with parsley. Serve the sauce in a separate dish. This will serve about a dozen people.

Tomato Sauce for Nut Loaf

Melt three tablespoonfuls of butter in a hot omelet pan. Add a teaspoonful of chopped onion and two rounding tablespoonfuls of flour, and cook to a clear brown. Add a pint of tomato purée and a cup of hot water in which the glaze from the baking-pan has been melted. Stir until boiling. Then add the tablespoonful of chopped nut-meats, left for the purpose, and half a teaspoonful of salt.

QUERY 1748.—“Recipe for Burnt Sugar Cake. How can one tell when the sugar is brown enough?”

Burnt Sugar Cake

Put a cup of sugar in a saucepan over the fire, *add nothing to it*, and simply stir vigorously until the sugar is melted and changed to a light brown color. The sugar is (brown) cooked enough when all of it is melted. Add a cup of water and, when the bubbling ceases, stir until the caramel is melted; then let cook to a syrup. Do not cook too long or when cold the syrup will candy.

Beat half a cup of butter to a cream; gradually beat into it one cup of sugar. Beat the yolks of three eggs; gradually beat in half a cup of sugar and beat into the sugar and butter. Sift together two cups of flour and two level teaspoonfuls of baking powder; beat the flour mixture into the first mixture, alternately, with one cup of cold water and three teaspoonfuls of the burnt sugar (from the bottle). Lastly, beat in the whites of two eggs, beaten dry.

Frosting for Burnt Sugar Cake

Melt three-fourths a cup of sugar in one-third a cup of water; add three tablespoonfuls of burnt sugar and let boil until the syrup spins a thread two or three inches long, then gradually beat

it into the white of an egg, beaten dry. Flavor with one teaspoonful of vanilla extract. When cool and firm enough to hold its shape spread upon the cake.

QUERY 1749.—“Recipes for Plain Pastry and English Crumpets.”

Plain Pastry

Pastry is made of flour, fat, salt and just enough water to hold the ingredients together in rolling out. Fat makes pastry tender, water toughens it; thus fat rather than water should predominate in the mixture. Pastry flour, which takes up but a small quantity of water, should always be used in this branch of cookery.

For puff-paste the weight in butter equals that of the flour called for, but for ordinary paste fat equal in weight to half the weight of the flour will make good pastry.

If the pastry is to be light and flaky, the shortening must not melt until the mixture containing it is set into the oven. Often in summer time the shortening becomes too warm while being mixed. The early morning should be chosen for mixing the paste; it may then be set aside in a refrigerator and pie-making be taken up later on in the morning. An open window, through which a cool breeze is blowing, is the proper place for this work.

Pastry is lightened by the expansion of the air enclosed during the making. A little baking powder, one-fourth a teaspoonful to a cup of flour, insures the lightness that an inexperienced cook sometimes fails to secure.

Plain Pastry for One Pie

One and one-fourth cups of sifted pastry flour (five ounces), one-fourth a teaspoonful of salt (generous measure), one-fourth a teaspoonful of baking powder, if desired; one-third a cup (two to three ounces) of shortening, and cold water.

Sift together the flour, salt and baking powder; with a knife or the tips of the

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fingers work the shortening into the flour mixture, then adding cold water, a few drops at a time, with a knife stir the mixture to a paste. Add no more water than is needed to form the ingredients into a rather stiff paste. The paste is now ready for use.

English Crumpets

1 cake of compressed yeast	2 tablespoonfuls of butter
$\frac{1}{2}$ a cup of lukewarm water	$1\frac{1}{2}$ cups of bread flour
1 cup of scalded and cooled milk	$\frac{1}{2}$ a teaspoonful of salt
	$1\frac{1}{2}$ cups of bread flour

Soften the yeast in the lukewarm water, and add to the milk in which the butter has been melted; stir in the cup and a half of flour, then beat until very smooth, and set aside to become light, then add the salt and the rest of the flour and beat again until very smooth. When again light turn into buttered rings, set on a well greased griddle; when the crumpets are browned on one side, turn ring and crumpet to brown the other side. When baked the crumpets should be about two-thirds of an inch thick.

QUERY 1750.—“In the illustration of Planked Fish given in the April number of the magazine does the tray go with the plank? Also is the fish served on the plank? Can one plank be used for all articles that are planked?”

Regarding Planks

For very evident reasons an article cooked on a plank must be set upon something cold before it can be brought into the dining-room. Thus nickel trays have been devised for this purpose, and tray and plank may be purchased together. We have no catalogue at hand, but the price is probably about five dollars. A long oval tray and plank are generally used for fish and steak and a round plank and tray for chops and chickens, though one set of these utensils may be used for all purposes, except fish. It is preferable to have a separate plank for fish—two planks and one tray are all that are needed. A set of these utensils may be obtained as a premium for new

subscribers, though we have not so offered it.

QUERY 1751.—“Recipes for Waffles, Pancakes and cookies.

Waffles

$1\frac{1}{2}$ cups of flour	1 cup of <i>thick</i> sour milk
$\frac{1}{4}$ a teaspoonful of salt	2 eggs
$\frac{1}{2}$ a teaspoonful of soda	3 tablespoonfuls of melted butter

Sift together the flour, salt and soda; stir the yolks of the eggs, beaten and mixed with the sour milk, into the dry ingredients; beat in the butter and, lastly, fold in the whites of the eggs, beaten dry.

Plain Pancakes

1 cup of sifted flour	(scant) of soda
$\frac{1}{4}$ a teaspoonful of salt	1 cup of thick sour milk
$\frac{1}{2}$ a teaspoonful of baking powder	1 or 2 tablespoonfuls of melted butter
$\frac{1}{2}$ a teaspoonful	

Sift together, three times, the first three ingredients, and stir the soda into the sour milk; add the butter and stir into the dry ingredients. This makes about eight cakes.

Cookies

$\frac{1}{2}$ a cup of butter	milk
1 cup of sugar	$\frac{1}{4}$ a teaspoonful of soda
1 egg	2 cups of flour
Grating of orange or lemon rind	2 level teaspoonfuls of baking powder
$\frac{1}{2}$ a cup of thick sour	



Ordinary dusting scatters but does not remove dust and germs. Use cheese-cloth dampened with tepid water to which a little **Platt's** Chlorides, the odorless disinfectant, has been added. Wring out till dry so that it will not streak the wood work, etc.



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Cream the butter; beat in the sugar, the egg, beaten light, and the grated rind. Stir the soda into the sour milk and add to the other ingredients; stir in the flour, sifted with the baking powder; more flour may be needed, but keep the mixture as soft as it can be handled. Take only a small portion of the dough upon the board at one time; roll, cut into shapes, set in a buttered pan, dredge with granulated sugar and bake in a quick oven. These may be varied by the use of cocoanut, melted chocolate, chopped raisins or nuts.

MY WINTER GIRL.

My summer girl is fair to see,
In snowy white she pleases me—
She looks so cool, so light and free,

My summer girl.

My winter girl has such a charm,
She looks so breezy, yet so warm,
Her ruddy cheeks the gales disarm,

My winter girl.

Which do I like the very best?
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They're both the same.

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Domestic Science. By IDA HOOD CLARK, Supervisor of Elementary Manual Training in the Milwaukee Public Schools. Cloth. Price, \$1.50 net. Boston: Little, Brown & Co.

This book, prepared to meet the need of a course in domestic science, can be read and studied with profit in every household. The author has been careful to make the lessons suitable for public, private, and rural schools. Persons with absolutely no knowledge of domestic science can teach the lessons by reading them over carefully and performing the work as directed.

The lessons consist of two years' work, thirty-six lessons in each course. The author has herself taught all of the lessons contained in the book, and the work, as a whole, embodies results obtained through several years of successful experience.

This is an elementary textbook of domestic science, one of the few attempts that have been made thus far to prepare a textbook on this important subject. The lessons are plain, simple and orderly, affording a basis for excellent class work and more extensive study. The book is worthy of careful examination on the part of those who are interested in elementary school courses in domestic science. It will meet the requirements in many schools.

To Love and To Cherish. By ELIZA CALVERT HALL, author of "Aunt Jane of Kentucky," "The Land of Long Ago," etc. Boston: Little, Brown & Co. \$1.00 net.

"To Love and To Cherish" is a story of political and home life. It deals with the same genuine, big-hearted Kentucky men and women that the author has so faithfully portrayed in "Aunt Jane of Kentucky"—and especially in the second "Aunt Jane" vol-

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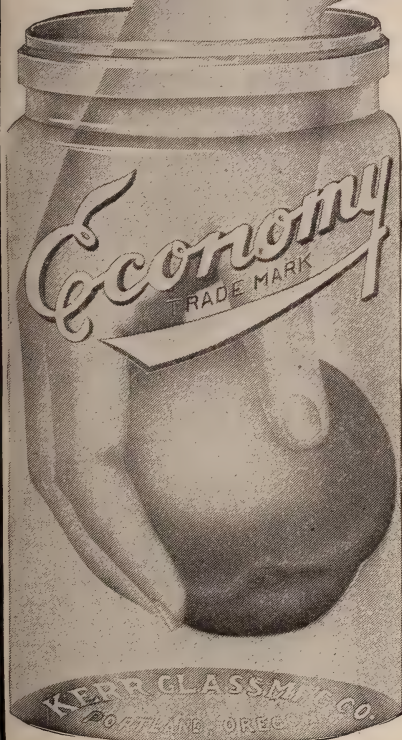
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Jar Trade Mark, cut out their name "Kerr Glass" on cases and send it in to us and it will be just as good a coupon as the Jar Trade Mark.)

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A servant that serves whether you are away or at home—that's the **HYGIENIC FIRELESS COOKER AND BAKER**.

When you go away in the morning, place your dinner in the cooker—on your return you will find the most savory meal cooked in the most satisfactory manner.

Magic! Not a bit of it. Simply the application of the principle of utilizing stored heat energy. The **HYGIENIC** is built to retain the heat placed in it, just as was the brick oven of our grandmothers. You simply heat the plates and place them in the cooker with the food—then forget all about your cooking until meal time. It does not scorch or burn.

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Stephens Manufacturing Company
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ume, "The Land of Long Ago." It is a story of love and sacrifice. A lawyer, rising from obscure surroundings and about to receive the nomination for the highest office in the State, is the hero, and his wife, a plain mountain woman, who does not think she has the education that a governor's wife should have, is the heroine of the story. The problem created by this situation furnishes the author with a motive for some of the best work she has yet done. Of this story the characters are interesting, the atmosphere is genial and wholesome. It provides an excellent treat for summer reading.

The Ideal Cookery Book. By M. A. FAIRCLOUGH. Cloth, 48 colored plates and 247 illustrations. Price, \$8.00 net. New York: E. P. Dutton & Co.

This is an English work edited by a well-known teacher of cookery, the lady principal of the Gloucester Road School of Cookery, London. For this volume it is claimed that it "contains all the newest methods and recipes that are in vogue both in England and on the Continent. It is up to date, and includes recipes suitable for the beginner and for the advanced student as well as information for the mistress of the household." All the recipes have been tested in the Editor's School of Cookery.

This book is designed to be a complete work of reference, in every branch of cookery, from the simplest to the most elaborate. And this is just what the book evidently is, an ideal cookery book for Reference. It holds numerous recipes, in every branch of the subject, of dishes as they are prepared and served in England. The average cost, time required and the seasonable months, also, are given with each dish. A comprehensive and ambitious work; to teachers, students, and others, it will be found of great convenience and value.

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Blue Package
10 CENTS

Sanitation in the Home

Miss Alta Hiatt in *Ladies' World*

When a woman enters into the house-keeping business she takes upon herself grave responsibilities, and it becomes her duty to inform herself on all subjects that pertain to her chosen work. We must understand sanitary conditions both in and outside of the house. We must know how to keep everything, from family to premises, in the best condition, with the least work and worry possible. We must keep pace with household improvements and inventions, and be able to select the best for our own special use. It is our business to see that all leaks which lead to extravagance and loss of health are closed permanently, for "sanitation and economy are twin sisters." Our protection from dirt, disease and insects is a hygienic matter that science demands to-day, and this is afforded more through a study of little than large things.

Cleanliness should be scattered through the year, instead of making a mountain of it at stated seasons. Even if a neighbor does sniff suspiciously, when we say we clean every week, instead of twice a year, we should have the courage not to yield our position, nor feel conscience stricken, if our home is tranquil and serene during the upheaval that affects others. Frequent cleaning is economical, in that one expends less strength and expense than if the dirt has accumulated, and less hard rubbing and digging into house and furniture is required. It helps us to repair a break when found at once, and a cent spent in time saves dollars.

Let there be daily inspection, ventilation and sun bathing of every room. Do not tolerate cracks in floors, baseboards, walls, or any place where pests may lodge. Old newspapers, soaked in a tub of water for a few days, boiled to a soft pulp, mixed with half a pound of glue to a gallon of pulp, squeezed dry while hot, then applied to the cracks,

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Fireless Cooker



Operates on same principle as the Vacuum bottle, therefore retains heat longest, as heat cannot pass through a vacuum.

Affords the housewife more time for her children and her favorite pleasures.

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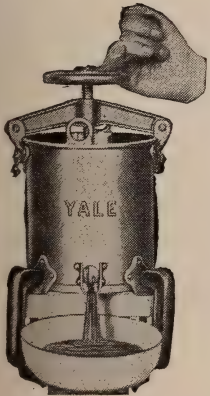
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Nothing like it for making jellies, jams, grape juice, wine, water ices, frappes; also for lard, meats, jellies, stuffing sausages, etc.

No woman has the strength to press fruit with her hands, besides without a press you lose fully one-half your fruit or meat juice and nearly all the flavor which only great pressure brings out.

The YALE is light, strong, clamps instantly to any table or shelf. Place cotton bag filled with materials in cylinder, fix beam in position, and with a few turns of the wheel you put contents under more than 2000

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will easily and neatly fill them. After
this has hardened a good paint filler, and
a coat or two of stain, paint or varnish,
will give you utmost satisfaction.

When sweeping keep the dust
"down" and let a current of air blow
through the room. Sweep with the
draft, and broom and air will soon rid
the room of dust. Wipe the furniture
with an oiled cloth. Be sure no part
of the house is damp. A dry cellar is
an absolute necessity. If the building
stands in a low place, have a ditch a
few feet from the foundation, slope and
fill with broken stone and gravel; top
with dirt. Apply waterproof preparation
or paint to the inside, that the dampness
may not ascend.

Let the housekeeper, when planning
the running of her establishment, consider:
first, the house healthful; second,
the house comfortable; third, the house
convenient; the rest will take care of
itself. Nothing, positively *nothing*,
should be planned for display, the predominant
thought being to outstrip one's
friends, for an attitude of this kind is
unsanitation of the mind.

A gentleman attached to our embassy
at London tells this story of Sabbath-breaking
north of the Tweed. A brawny
Scot was hammering away at the bottom
of his wheelbarrow, when his wife
came to the door. "Mon! Mon!" she
exclaimed, "you're making such a
clatter, what wull the neebours say?"
"Never mind the neebours," returned
the busy husband, "I maun get ma barrow
mendit." "Oh, but Donal, it's vera
wrong to wurk on the Sawbuth," protested
the good woman. "Ye ought to
use screws."—*Harper's Magazine.*

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	A DELICIOUS FLAVOR AND RICH COLOR TO SOUPS, SAUCES, GRAVIES, ETC.		BOUQUET
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Write for Catalogue, showing twelve styles and
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If you like gelatine desserts, here's one
that will delight you. If you don't
like gelatine, you will **have** to when
you try this.

Sample Free Enough to make one pint.

No guesswork in preparing it. No
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measured for you. Four envelopes in
each regular or full-size package. Each
envelope contains **exactly and always**
the quantity to make **one pint**. Whole
package makes $\frac{1}{2}$ gallon. Dissolve
in boiling water or milk,
add sugar, fruit or flavor,
cool and serve. Simple.
Isn't it? Minuteman on
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Send us to-day your grocer's
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make one pint and Minute-
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Casserole—Premium for Seven Subscribers



Long slow cooking, at a
gentle heat, best conserves
the nutritive elements of food
and the flavors that render
it most agreeable. The
earthen Casserole makes this
method possible. Then, too,
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as well as the cooking dish.
The housekeeper who is
desirous of setting a pleasing
table without an undue ex-
penditure of time or money
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The Casseroles We Offer are not "premium goods" but are made by one of the leading
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a three-pint one, round, eight inches in diameter, fitted with two covers, (an earthenware cover for the oven
and a nickel plated one for the table) and a nickel plated frame. It is such an outfit as retails for five or six dollars.

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Business Before Devotions

A hypocritical, sanctimonious old Southerner who in slave times was a crafty merchant and trained many of his negroes in the tricks of his trade, was overheard one morning before he began the day's business questioning his servants.

"Amos, have you sanded the sugar?"

"Yes, Massa."

"Habakkuk, have you put gravel in the coffee?"

"Yes, indeed, Massa."

"Ezekiel, did you get the dried leaves mixed with the tea?"

"Yes, sah; yes, sah."

"Well, Moses, if you can hang up that side of bacon there so the skippers won't show, you can all come in to prayers!"

The Marketer—"Aren't you wasting a good deal of that steak in trimming it?"

The Butcher—"No, ma'am; I weighed it first."—*Toledo Blade*.

Mrs. Baye—"She is simply mad on the subject of germs, and sterilizes or filters everything in the house." "How does she get along with her family?" "Oh, even her relations are strained."—*Tit-Bits*.

Two negro men came up to the outskirts of a crowd where a senator was making a campaign speech. After listening to the speech for about ten minutes, one of them turned to his companion and asked: "Who am dat man, Sambo?" "Ah don't know what his name am," Sambo replied, "but he certainly do recommen' hisself mos' highly."—*Success Magazine*.

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Sauces

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are splendid judges
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whether served as a cold milk
jelly of delicious flavor and
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ice-cream, is always a prime favorite
with them. There is no other food or
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*Ten Junket Tablets to make ten
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Send for our new Cook Book and try some of the
forty odd recipes that tell how to make baked goodies

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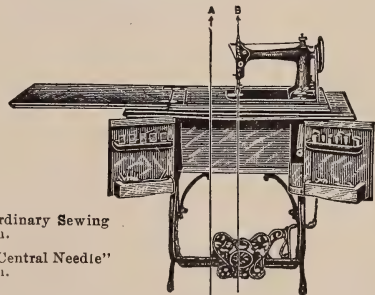
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because it brings to the table the delicious flavor of newly gathered sweet corn, ripe with Summer's rain and sunshine. Tasty, nourishing, different entirely from canned corn, you'll find that Kornlet makes more good things than you thought possible. Kornlet is **just the pulp of the kernels of fresh green corn** with the outer shell removed by precise and careful machines. Easily used, eagerly eaten, easily digested.



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Kornlet prize recipes by housewives who use it.

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Red Cedar Chest a Home Necessity

Saves Cold Storage Charges. Is Moth Proof. Combines Beauty and Usefulness. This chest is made of delightful, fragrant Southern Red Cedar—a true replica of a Colonial Treasure Chest.. Beautifully polished, finished with Cedar handles, wide copper bands, and studded with old-fashioned heavy copper rivets. *Very Roomy. Protects furs and clothing against moths. No camphor required. Is dust and damp proof. MAKES UNIQUE BRIDAL OR CHRISTMAS GIFT.* Direct from factory. Freight charges prepaid—No dealers profit. Write for catalogue. Shows many other styles and gives prices.

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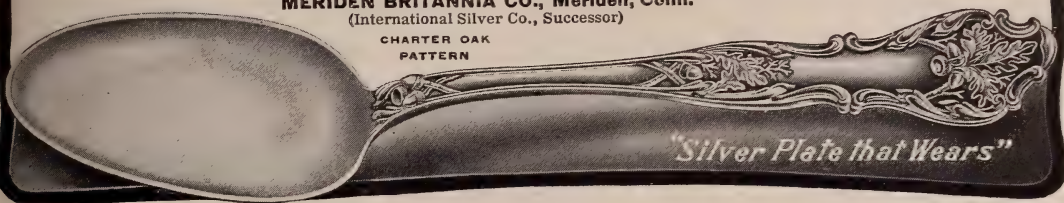
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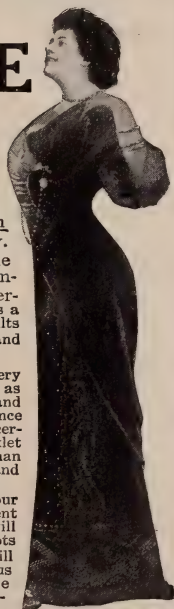
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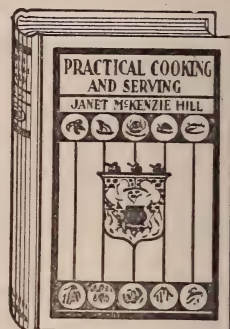
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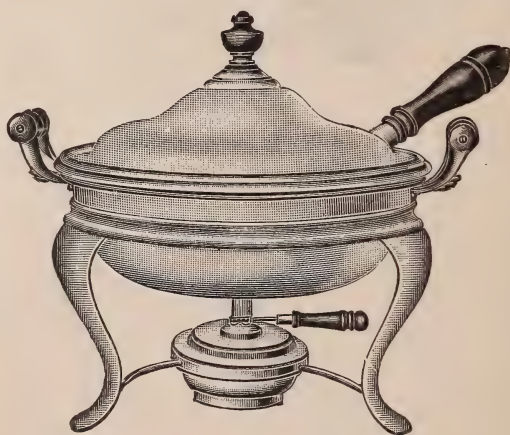
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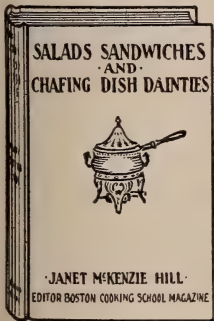
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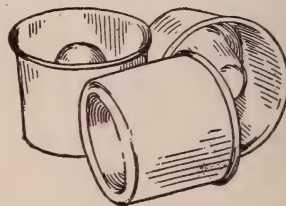
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The Boston Cooking-School Magazine, Boston, Mass.



A SPATULA

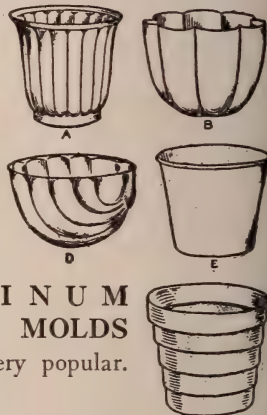
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Popcorn Balls
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Menus for Wedding Receptions

I

Terrine of Chicken and Ham
Aspic Jelly Lettuce
Salad Rolls
Lobster Salad
Bread-and-Butter Sandwiches
Vanilla Ice Cream, Melba Sauce
Assorted Cake
Punch

II

Creamed Oysters in Swedish Timbale Cases
Olives Gherkins Salted Nuts
Chicken Salad
Bread-and-Butter Sandwiches
Hot Coffee
Nesselrode Pudding
Sponge Cake

III

Scalloped Oysters
Tiny Baking Powder Biscuit
Coffee
Frozen Apricots
Assorted Cake



MRS. JANET M. HILL, EDITOR

The Boston Cooking-School Magazine

VOL XVI

OCTOBER, 1911

No. 3

The Warelands Dairy, Where Clean Milk is Produced—the Experiment of a Woman

By Mary H. Northend

CONVINCED that farm work afforded to women an opportunity of doing something worth while in a remunerative as well as an educational way, Mrs. Robert Ware about four years ago withdrew her energy from city committees and entered upon an interesting experiment in scientific dairying, the result of which is of unusual value to Boston and Massachusetts, but of far more than local interest to all who are interested in the broadening of occupation for women.

Always residing in the city, but possessed of a great love of the country and an enthusiasm for its wholesome out-of-doors joys, she had from early girlhood been much interested in farming and its many and perplexing problems. Unlike most people, she did not look upon this occupation as one that any person could engage in; she realized that it was a branch of work that required a great amount of brain power to accomplish properly, and that no other field of labor was more dignified, or worthier of recognition.

The idea of conclusively proving her convictions, however, did not occur to her until some years after her marriage, when, Secretary of the Education Committee of the Twentieth Century Club, and in charge of the important Saturday morning lectures, she was privileged to listen to a series of discourses by Professor Tyler of Amherst College and Dean Bailey of Cornell, which sounded the note of getting back to the soil, and set forth the benefits of country life. The theme of these lectures strongly appealed to her, and was the principal factor that helped her to decide to abandon the work she was then engaged in, and take up country work, with the aim of supplying at least one clean food product.

At "The Warelands," her husband's ancestral home, located on the shores of High Lake, at Norfolk, Massachusetts, she embarked on her venture in earnest, and, in addition to establishing a dairy, she set to work to reclaim the estate from its worn out condition, which years of neglect had brought about. She



KINDLY CARE

reasoned that, if she failed, her experiment would still be of value in saving someone else from making a life mistake, and if she succeeded, the ambition of her life would be gratified. The farmhouse, erected in 1733, and spoken of in all the old records as the "New House," was her first consideration, and under her direction it was entirely renovated and restored to its old-time aspect. Then a new barn and a dairy building were built, the exterior of each as nearly in conformity with the design of the dwelling as was consistent with the sanitary conditions within. In the equipment of the dairy, Mrs. Ware had the advice and assistance of an expert, and, in addition, she visited several farms, and carefully studied the methods of the best dairies in the United States and Europe.

Complete, both buildings are entirely sanitary. The walls, floors, and ceilings of the various rooms of the dairy are of cement, and in the barn, to which steam is piped for use in frequent scrubbing of floors, walls, and stanchions, the walls and floors are of the same construction. The barn is solely for the cows; all kinds of fodder and barn tools are stored elsewhere. Here the ventilation is so arranged that no drafts can reach the cattle, and abundant sunshine is provided by four lines of continuous windows. The cows feed from a cement manger, and water is kept

constantly before them in self-regulated sanitary drinking troughs, lined with white porcelain. The gutter back of them is cleaned twice each day, and the contents carted to the fields where land plaster is scattered as a disinfectant. It also drains into a cement-lined cistern, from which the liquid is pumped and spread as a fertilizer.

While these buildings were in process of construction, the land was gradually being reclaimed and made ready for planting. Helpful suggestions from a member of the Department of Agriculture were gratefully received and carefully heeded, and as a result the farm today is in a flourishing condition. In addition to the heavy fertilizer, barn yard manure, and liquid fertilizer, commercial fertilizer is also used here, particularly in connection with the corn crop, and the fine yield per acre as well as the two hundred tons of ensilage, which were last year realized, attest to its worth. From a practically barren spot, that would not afford support to a single horse, the farm has in the course of four years been brought to a state of high development, and like the dairy, it has frequently served as a guide to persons intending to reconstruct their farms, and seeking to produce a higher quality of milk.

At the time Mrs. Ware engaged in



DOMESTICATED

this experiment, Massachusetts was quite a bit behind New York and some of the western states in its standard of clean milk. She determined that, if she was to do the work, she would do it well, and she devoted all her energies toward securing a new and a better standard for clean milk in her home state. The definition of the word clean, as applied to milk, has been largely decided by physicians as depending upon the number of bacteria found in a cubic centimetre of the product. In Boston, the law requires that milk shall contain not more than 500,000 bacteria per cubic centimetre. The general understanding, however, is that it shall contain less than 100,000 bacteria per cubic centimetre. Some cities require that certified milk shall contain under 30,000 bacteria per cubic centimetre, and the Boston Milk Commission demands that the product shall not contain more than 10,000 bacteria per cubic centimetre, and that it shall meet requirements in chemical analysis satisfactory to them, regarding fat, sugar and proteid. The milk produced at The Warelands dairy contains an average of only 1,000 bacteria per cubic centimetre. It was the first milk certified by the new Boston Milk Commission, and for a year it was the only one. This high standard has to be kept up continuously, for the delivery wagons are apt to be stopped on the street at any time, and samples of the milk taken, without notice, to be tested.

To secure this high-grade milk, unremitting vigilance has to be exercised at the farm end. It is not alone a question of equipment, but largely of the faithfulness of employees all along the line of production. The herd must be kept in a perfectly healthy condition, otherwise, the first requisite for good milk is sacrificed. The herd must also be tested frequently for any signs of tuberculosis, and any cattle so afflicted must be at once eliminated. The sanitary condition of the barn, sunshine, abundance of drinking water, plenty of

fresh air and exercise, are all important factors contributing to the satisfactory condition of the herd, and they must be faithfully looked after each day, if the best results are to be obtained.

To achieve success, Mrs. Ware advocates that any woman intending to engage in the work should learn the process thoroughly from beginning to end. The labor problem is always present, and while she may not be needed in the dairy continuously, emergencies are likely to arise,—such as the sudden illness or departure of an employee—whereby she must be ready, at a moment's notice, to take up any part of the work. Then, too, she must be willing to bear



MILKING TIME

her share of the hardships as well as the joys of the enterprise, for, like all labor, dairying has some features that are not entirely agreeable, such, for instance, as bottling at 5:30 a. m. on a cold winter's morning. It is only by determinedly shouldering the unpleasant as well as the pleasant parts of the work, that a woman can expect to acquire the standard of excellence desired, and inspire zeal in others, who are working for her. The first attainment of the standard is not nearly as difficult as the continued maintenance of it, as those who have engaged in the work will attest, but it is only by rigorously maintaining the standard that one can hope to achieve success.

At The Warelands, the herd was started with a few Jersey cows. When the Milk Commission was established, other breeds,—Holstein, Ayrshire, and Durham—were added, in order to secure the right measure for baby milk, requiring 4% of butter-fat. The Jersey milk contains too much butter-fat for infant feeding, but for cafe and hotel trade the highest quality, guaranteed to be over 4½% of butter-fat, is none too rich. In order to secure this high production, all feed given the cows must be of excellent quality. They go out for exercise, but not for feeding, Mrs. Ware employing the silo system,—bringing the green fodder to them at each milking in the barn. The rotation of crops, whereby this green fodder is obtained throughout the summer, has been one of the most interesting parts of her experiment, and she may well feel proud of the fields of wheat and vetch which were planted at the suggestion of an expert, and which have brought such fine returns.

The entire process of milking and

handling the product is aseptic rather than antiseptic. To prevent the contact of milk with many surfaces, to reduce all possible sources of contamination to a minimum, and especially to diminish the time during which the milk is exposed to the air,—all these precautions tend to keep it as near as possible in its normal condition.

The cows are carefully groomed each day, and before milking the udders and sides of each are washed and wiped with clean towels. The men who do the milking are examined by physicians, appointed by the Milk Commission, to make sure of their good health, and they are required to be scrupulously neat in all their work about the cows. During milking time they wear white suits and caps, and between milking two cows they wash their hands. The cream is separated from the milk by a De Laval Centrifugal machine, and both products are then cooled to 45 degrees and so kept until delivered to the consumer. The entire production of the dairy is shipped



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There is no mysterious process, as many people suppose, by which the long life of the milk of this dairy is secured. It is not sterilized, or pasteurized; it is the raw, pure product, the only "preservatives" used being cleanliness and low temperature. By exercising care in these two respects the milk is easily shipped to Europe, and it is not infrequent, in the summer season, that Mrs. Ware is called upon to put up a steamer order for some foreign port. No better proof of the purity and cleanliness of the milk is required than the numerous letters which she receives attesting to the delicious quality of the milk at the time of its arrival at its destination. Although the milk is not sterilized, all things which it touches, such as cans, pails, strainers, bottles, are thoroughly sterilized before each using, for, as Mrs. Ware remarks, "the milk does not get the pail dirty, but the pail gets the milk dirty."

The feature of bottling in one-third quarts for table use was introduced in this country by The Warelands dairy, and was the result of a suggestion received in Paris. It has since been adopted by other producers and today, in almost any of the first-class cafes and

hotels, a customer can secure a sealed one-third a quart bottle of milk, receiving it exactly as it was bottled at the farm a few minutes after milking.

The educational side of the work has always been uppermost in Mrs. Ware's mind, and while she did not establish a regular dairy class until two years ago, she trained several individuals privately during the first years of her experiment. The class of the first year numbered six members, whose aim was to study dairy work in relation to their own special fields of endeavor. They used the farm and its equipment as a laboratory, and carefully studied the methods of producing clean milk, and the question of its transportation and supply in a large city, as illustrated in Boston. The work throughout was deeply interesting, and of the utmost advantage to the students, in respect to their own particular labors.

The girls lived almost entirely out of doors, and the class might be aptly termed a clean-milk camp. Tents were pitched in the orchard for sleeping, meals were eaten out of doors, whenever the weather permitted, and the various lectures and conferences were held under the trees. The benefits of this open air life were decidedly apparent

and the students, tired at the beginning from their winter's work, left, at the end of the term, refreshed and invigorated.

That the results of her endeavors are being appreciated is attested by the fact that recently Mrs. Ware was asked to give a brief account of the work of her dairy class before a conference called by the American Academy of Medicine at New Haven, on the question of the prevention of infant mortality. This invitation was particularly gratifying to her as it seemed to indicate that the farmer's part in the work of securing better public health is at length becoming

recognized.

Her work has long since passed the experimental stage, and is, today, on a secure financial basis, with every indication of broadening and becoming even more remunerative in the near future. She contends that whether a person is in moderate or affluent circumstances, a farm of this sort should be made to pay for itself, and while, of course, the expenses at first are heavy, it should not be long before these expenses are covered, and some returns realized from the venture.

Real Women

By Mrs. Charles Norman

IN the dressing room of a railway station a miss suddenly turned to me one day and said:

"Is my powder on even?"

She held her doughy face to the light and I scrutinized her as well as I could and gave her the consolatory assurance that her powder was all right. (I did not emphasize the word powder as I was tempted to do.) I presumed I had discharged my full duty as judge, but she straightway ducked her head—which being top-heavy was easily ducked,—and said peremptorily—fairly compelling me to answer:

"Does that rat show?"

I took a glance at her head. It all looked like rat to me, but not wishing to prolong the investigation I ventured the same assertion of the rat I had made of the powder.

A few minutes after this encounter, I took the train and observed to my no great pleasure that this same young lady was sitting opposite me. Her toilette, I hoped, had been made to her complete satisfaction, but she continued to glance at herself in the side mirror, and to give little puffs and pulls

to her numerous fixings. There was an incessant laying on of hands. She whiled away an entire hour at this business and never got through, though she was momentarily diverted to the arrangement of the expression of her face, trying first one glance then another. Did I not wish I could spank her and shut her up in a dark room?

Presently we stopped at a station and a young man got into the car and took a seat beside her. This was the hour she long had sought, the state for which her previous existence had been mere preparation.

I remember that when I was a miss of somewhere near her age I read a novel by Bulwer Lytton. It had a rather iconoclastic hero, a non-conformist, who, though born to wealth, preferred fishing to society.

"Does fishing amuse you, my son?" said his solicitous father.

"Not in the least"—answered the youth.

"Then why do you do it?" queried the father.

"Because," said the young man, "I know of nothing which amuses me

more."

Then there followed a serious effort to get at the mental state of this curious son. "Have you never been interested in women?" questioned the concerned parent.

"Oh, yes," said the youth, and he mentioned Joan of Arc and Florence Nightingale and others.

"But," said his Father, "I mean any real women."

"*Real* women!" echoed the son—"I have never met any."

That is absolutely all I remember of that story. I suppose the hero must have come across a real woman or one whom he considered real. Sometimes, nowadays, I see a young man who seems to be engrossed in the search for a real woman, and oh, how sorry I feel for that man! No doubt there are such persons, but they are scarcely discoverable. (Most of the real women are "taken" either by a husband or a business—a mission.) A few are left, but only Providence or remarkable discernment could guide a young man toward such an object. False hair, absurd hats, gowns that ignore the figure, and shoes that give no hint of the outline of the foot! All false so far as the exterior is concerned, that is certain.

"Can a woman be conspicuously dressed?" asks a present day writer, whose conclusion is that she cannot. "A woman could put on a white dress, tie it below the knees with a scarlet sash, put on a purple jacket and any sort of huge furs, top it off with a hat from which feathers a yard long might be sticking out in all directions, and go toppling along the street in pumps with French heels, and not even be noticed."

But the falsity and the folly do not end with habiliments. Imagine a person appareled in style, praying the prayer of Socrates: "God make me beautiful on the inside." It grieves us to think at how early an age the falsity begins, and how responsible mothers

are for its conception! But it is not the mothers of one generation that must bear the burden of blame. The wrong matured slowly and we did not notice till it ripened. Some people are born false, some achieve falsity and some have falsity thrust upon them. When we say to the daughter—"Be ye not conformed to this world," we feel that, if she is to be transformed to another world, she must, also, be transported.

A boy may be raised to do the brave or manly thing, but his sister must do the pretty thing. Appearances are, for her, the chief consideration. The boy is pardoned for saying what he thinks. That is his nature and he will do it, unless his mother succeeds in making a lady out of him; but the girl not only should, but must, conceal her sentiments and speak fibs. Anything else is not "nice," and an American girl must be "nice" above all things—though her English sisters think "nice" is a very nasty word."

And the little lady grows up without ever having been—in the honest sense, a girl and the men she meets, not given to much reflection and quite accustomed to the type, take her to be just what she seems. One of them chooses her for a life companion and he is astonished to discover her a sham. He does not understand that that character was carefully fostered. He is not patient, as he should be, and he deals harshly and so spoils her happiness and his own reputation for justice and generosity.

Men say a spade should be called a spade. They do not see the ethics of "make ups" and palaver. They have no more hatred of a lie than women have, and in the broad sense are no more truthful, but they are more exact, less given to small fabrications and inaccuracies. They demand that the speaker shall know whether he dreamed a thing or actually saw it. Was it Samuel Johnson or Ben Jonson—Sam-

uel, I believe—who said: “If a child says he looked out of that window when he looked out of this, whip him”? So important is precision in the masculine mind, that a man is unable to reconcile true character with untrue statements, no matter how mild, insignificant, harmless, suave, or kindly those statements may be.

Thus it happens that even the best women may seem somewhat false to men who do not know the depth of their goodness. If this is true, how abject and terrible must be these sham girls in the eyes of honest gentlemen! We overlook much in youths of both sexes. Being silly is not an atrocious crime, but it is a pity to have young ladies at large, who spoil the reputation of their sex.

As I sat in the train opposite the miss who was so anxious about her adornments, I heard her discussing with great disdain a certain girl who belonged to what she called “the unemancipated class.” Immediately my mind pictured a modest girl, who per-

haps stayed at home and shared the responsibilities of the family, who had a good time in a plain way, dressed herself appropriately and thought of other people.

At the suggestion that the young lady before me considered herself emancipated, it seemed only agreeable to revert to the days when women were in bondage to The Lords of Creation; and it was natural to hope that when that bondage ceased, the liberated sex would be under the control of divine law, that they would be actually self-governed, not selfishly governed.

The old negro who ran away from his master “couldn’t find no freedom along the road.” The true woman, fully emancipated is not doing as she pleases—no indeed! Neither is she working for others because she is coerced; but she is rendering constantly and uncomplainingly, a voluntary service, the highest of which she is capable. She is looking for happiness, but it is the happiness of other people.

Back to Arcady

By Stokely S. Fisher

O come, dear heart, now we are free!

The old home waits,—the grove,
Fair fields, green hills that used to be
A fairy land and Arcady

When young were life and love!
When playmates, there we pledged our vows,
When skies of June were blue,
And built a bower of blossomed boughs
Among the vines to be our house,—
For just us two!

And when we built 'neath shade of trees
We loved our humble home,
Life still seemed play! Oh days of peace
And tender joy and pure heart's ease,—
We never wished to roam!
Though short the lowly paths we trod,
Narrow the fields we knew,
The world has never been so broad
As when 'twas Eden—only God
And just us two!

Our children longed for town. The strife,

The willing sacrifice,
We hoped would win them larger life:
Doubt wounds my heart now like a knife—

Oh, were we really wise?
The wife was merged so in the mother
And so my burdens grew,
Husband and wife lost one another!—
But now once more we have each other—
Again just two!

Ah me, sweetheart, dear days of yore
That all too quickly flew—
Our love shall all their joys restore!
Though Spring can bloom for us no more
The skies are just as blue:
As birds beneath September's sun
Their April songs renew,
So life to the old rhythm shall run,
Sweet yet as happiest halcyon
Days for us two!

Mrs. Craig's Awakening

By Laura Bell Everett

N OBODY knew just what awakened Mrs. Addison Craig. Something unusual it must have been, for it brought her out of her library. Once outside, she looked kindly at her fellow-beings and inquired, "Are we related?" Hitherto she had found her friends in her bookcases, and there in the library, where she and her husband had read and studied together, she had lived on alone after his death with no interest in real people.

Nobody knew just how or when the new idea took possession of Mrs. Craig's mind; the idea that there is a whole worldful of people working out problems as interesting as any woven into poem or fiction, and that in the solution of these problems she might help. Such an idea may germinate in the dark, but it must have light and air to bloom. Mrs. Craig's idea bloomed. So it seemed to her; so it seemed to the people who became her books, and to whom she turned with an interest formerly aroused only by her library. Even her preference in reading changed, and Wordsworth and Keats lay unopened on her table, while she studied works on social science. "Forms and Reforms," she marked one case of books, and wrote above it, "To form is better than to reform."

Her neighbor, Mrs. Waldron, called one afternoon some time before the "Form and Reform" case went into the library.

"I saw Mrs. Baird here this morning," she said brightly. "Of course she has been telling you all about her poor girls and their sorrowful stories."

"Yes, how enthusiastic she is. The work must be sad enough; it would attract me, if it were not so painful.

"Mrs. Baird is just the woman for it.

She can save a girl, if anyone can. When do they plan to build the new home?"

"Next spring, if funds allow." Mrs. Craig was modestly silent as to her own contribution.

Mrs. Waldron went on to relate housekeeping expenses and Mrs. Craig listened half absently. She never taxed the patience of her callers with Hilda's faults, exposed, set in a notebook, learned and conned by rote.

"That roast was absolutely raw," Mrs. Waldron was saying when Mrs. Craig's slightly wandering attention had arrived at the climax of the story, at the same time as the narrative, having taken an intellectual short-cut which politely kept in sight the main points of the recital throughout its many curves and windings. "And you know how particular Mr. Waldron is! That was the second time it had happened and I couldn't stand it, so I dismissed her."

When Mrs. Waldron had gone, Mrs. Craig laughed at herself. "I wonder if a Brahmin eating meat with relish surprises himself any more than I finding anything of interest in household gossip." But she did not forget the girl that was discharged because of the underdone roast.

A new subject is magnet-like in attracting related facts. Take up what one will as a study, and books, places, and people supplement it. The facts were there before, of course, but nothing drew them together. Develop a new interest in photography, ferns, or potash, and even the "patient outside" of a newspaper gives a fact or two. Mrs. Craig suddenly found much material for thought. Every walk or talk showed her some new phase of the question.

A discouraged looking mother and an unprepossessing daughter sat waiting

for her one day as she came in from a drive.

"Ivy wants to do for herself," was the mother's explanation, "and I wish you could let her come and work for you. I don't want her to go to them stores."

Inquiry showed that Ivy knew little of independent work; she had "helped" at home.

"So many of the girls is just like Ivy," pursued the mother in her tired voice. "They can't do housework good, so they don't like it, and so they go into the stores. Some of them stores is dreadful places, an' I thought, if you let Ivy come here, she'd learn a heap, and I'd feel so safe about her."

Any other housekeeper in that block would have said, mentally at least, "This woman does not know how much she is asking." But Mrs. Craig, who, a moment before, had felt a certain degree of condescension, knew with a sudden shock that the woman who talked on in the tired voice was superior to herself. Mrs. Craig was asking herself, "If I were that woman, should I plan as wisely for my daughter?" Something she knew of those stores, not the ones where she shopped, but others where girls were paid less than a living wage. She began studying the question.

Ivy's entrance into the well-ordered home was attended with some friction, but this rather helped than retarded Mrs. Craig's studies along certain lines. When the household machinery jolted, she soothed Hilda, whose domain had been invaded; and she comforted herself with this formula:

"I can send Ivy away, and when she reaches the 'Home', I can send a large subscription to help reform her." She did not send Ivy away.

Mrs. Craig was mentally arranging and annotating the housekeeping experiences that had been poured into her ears. She never changed the conversation now when a long story of kitchen calamities was in prospect. She bought dry goods at stores she had never before

entered, just to make opportunity to talk with the girls behind the counters. But the years with her books had not fitted her for all parts of her work. Had she realized this less promptly, her idea might never have bloomed. She knew these girls did not open their hearts to her as they would to some one else.

"I have the money and the plans," she said, "now for a colleague with experience."

The very day that saw Ivy go forth, a trained housekeeper, to a good position, saw Mrs. Craig's colleague ready for her new vocation. She was a bright, cheery little woman, not out of her twenties. Her glasses seemed to see into every girl's heart, and her sweet personality to gain confidences everywhere. Pauline Day had given up her work in the Social Settlement of a larger city and had come home to rest, and Mrs. Baird had brought her to Mrs. Craig.

There were two untrained girls of Miss Day's selection in the kitchen within a few days, but Hilda did not rebel, for she had been taken into Mrs. Craig's confidence, and she patiently strove to show the new girls her own neat ways of working. Her accounts of her trials with the novices usually ended with, "They get so dirty the floor of my chicken." Although Hilda spoke fairly good English, she would say "chicken" or something that sounded like it, for kitchen.

Mrs. Craig told her own trials to no woman, but alone, leaning to a fine face in an oaken frame she often whispered, "If we had had a daughter, I should have forgiven her faults for love—and these girls need my help."

Mrs. Craig systematically related all the objections she had heard for the pleasure of hearing Pauline Day dispose of them.

"Mrs. Waldron says we can't do it."

"And why not?"

"She says the girls will waste too much. She wants to know what we

shall do with the food they cook in learning."

"They will eat much of it themselves. With that in prospect they will do their best. Do you remember Frank Stockton's ghost and hippogrif who ran away so as to escape tasting their own root beer?"

"What a fate for poor cooks! But if they prepare quantities of food, what can be done with it?"

"They can have everything they cook by paying for the cost of materials, and as most of them will live at home, the food should be in demand.

"I have perfect confidence in the project, but I look to you to answer objections. My experience with Ivy was successful but not extensive. By-the-way, you know her place was given her on my recommendation. Our girls will need something more formal."

"A diploma or certificate?"

"A certificate will be the better, a statement that they are capable of doing certain lines of work well."

They were proud girls who later went out, carrying the simple certificates. They seldom sought places, but often finished the course to take a waiting position. They called themselves the Housekeepers' Guild, but they did not disdain the name of servant.

"When we really believe what we pretend to believe," said Pauline Day to them, "the word *servant* will be honored and the law of service recognized. Who said, 'If any desire to be first, the same shall be last of all and servant of all'? We dignify the word *minister*; why not servant? Your work is partly the same that it would be in your own homes. Remember that your work is your profession as much as if you were typewriters, teachers, or trained nurses. You

are not doing this as a makeshift, or a last resort. It is your choice of work, and in these days every woman should choose some occupation. You have chosen the most womanly of callings."

While Pauline Day talked to her girls, Mrs. Craig was "making sentiment," as she called it, among those who saw the other side of the shield. Women's Clubs gave her an opportunity to present her work, and it was more talked of than any essay on Maeterlinck. Many were the confessions poured out in the quiz that followed a paper:

"I keep only Chinese because they are willing to be servants."

"Would your girl expect pretty rooms?"

"Are you sure the training does not make them above their work?"

"Really, I never thought of servant girls as being just like us. If I could get just the right kind"—

Sentiment changed rapidly, and it was no longer considered creditable to relate one's trials with household help. One who made many complaints was sure to be stopped with,

"Why don't you go to the Housekeepers' Guild?"

Mrs. Craig gives generously to the Home, but she does not help to send any girls there. A number of shop girls have entered the Guild. When Mrs. Craig counts the self-reliant, well-trained girls of the Guild and includes Ivy, who is now in a home of her own, she feels that her idea has bloomed, and she gives the credit largely to Pauline Day. And before the picture in the oak frame, Mrs. Craig murmurs, "Surely this was best, though it has taken me more or less from the library we both loved. But if we had a daughter—"



October Strawberries

By Helen Campbell

THAT the October strawberry bed is the chief fact to be considered does not alter or abolish the primal one that the Spitzenberg apple-tree began it, and this is how:

The old Templeton farm, tilled for many generations after the usual manner of old New England, had fallen into the hands of the last heir in the direct line, a woman unhappily, the village people said, for what could a woman do with the exhausted land and the tumble-down house and out-buildings? That she had no money had been at once decided, since she had been a school teacher for most of her life, and must therefore necessarily be poor, for who ever had heard of a rich school teacher? And, as the teaching had been done in New York, how could or should she know the first letter even of the Agricultural alphabet?

"I tell you it's the last of the old place," Deacon Perkins said solemnly to the evening circle about the stove in the village store. "It might better have come to the town for a kind of hospital, maybe, or some such usefulness, for what can this old maid—I would say maiden lady well on in years—do with a place gone to seed anyhow, and likely to be a disgrace to the town for its looks, if she settles down in it? They say all her stuff has come along, furniture and things she had in a flat in New York, but where'll she put it, with the house jam full of everything every generation of Templetons up and buyed? They was all wasters and spoilers; good natured enough, but caring for no man's word but their own, and the old judge out and out an infiddle and glorying in it? What she may be we can't tell, but one thing is sure,—she ain't a farmer and the old

place is done for at last," and Deacon Wilkins shook his head and took another cracker from the barrel near the stove.

"Templetons mostly did what they set out to do," said the junior deacon, after a pause in which he chewed a slender strip of codfish meditatively. "It wouldn't be surprising if she turns out different from what folks makes up their minds to. In fact I should say it was certain she would, and it's none of our business anyhow."

"Stick to that," said Cummings with a grin, as the deacon took his fourth Boston cracker and another strip of codfish. "Stick to that and it'll be better for all of us," and he turned to the small boy who demanded a bulls-eye and who announced as he received it:

"There's lights up to Templetons an' folks movin' round. She's come, for I've seen her, an' she ain't half as old as folks said. I say she's pretty near young."

"She's forty if she's a day," said the deacon, "and I know, for her father an' me was about the same age so I can calculate pretty well," and with a final cracker he nodded a good night to the circle and went out and up the old road. There were lights and he stopped a moment before the great gate, and laid his hand on the latch, and then shook his head and went on.

It was a week later that Deacon Wilkins, coming down from his upper pasture by the short cut through Templeton's, paused by an old apple-tree at whose foot yawned almost a cavern into which a slender energetic lady was looking investigatively.

"What were they trying to do here?" she asked as the deacon took off his hat, then settled it again firmly on his

bald head with both hands and met her eyes, very blue and very frank like the old judge's.

"Boys," said the deacon briefly as if that one word explained all problems. "It got about somehow a while ago that a treasure was buried at the roots, your granther hiding it in the war of 1812, and they took to diggin' after the old judge died, but never come to nothin'. You see the tree was pretty near dead anyhow, but it was the best Spitzenberg in the township. Them apples couldn't be beat. I swan to gracious! If there ain't some fresh sprouts on that old limb this minute! Well I never!"

"There's life in the old tree yet!" said the new owner. "It was sod-bound and tired out with fighting for life, but it has another chance and I'll see that it is a good one."

"She's good as her word," the deacon said a day or two later as passing by he stopped to watch Miss Templeton, armed with scrubbing brush and pail of strong suds, scrubbing the lower limbs and trunk with a vigor that spoke well for her strength. "Now who told her that that was a new kink that you couldn't have made a man son of them round here listen to a minute? Anyhow it's nigh frost time and she won't make much out of it this year, but I wouldn't say the old tree mightn't take a new start for awhile. If it does I'll have a graft. Them apples couldn't be beat, an' the paper had it last fall, Spitzenbergs was sellin' for a dollar a dozen in Boston, an' never enough to be had. Why don't we folks here start in an' take some trouble with the trees?"

Miss Templeton in the meantime had left her pail under the old tree and gone on toward what had been the garden, once the glory of the place, but now a mass of weeds and briers. There were box-ordered flower beds where asters still held scattered blooms, and beyond was a long bed, through the crowding

weeds of which the vigorous green of strawberry leaves showed itself.

"Good promise for next Spring," she said, stooping over the bed, and then followed a long "Oh-h!" for, as she parted the leaves, berries red and ripe, big and perfect in size were before her.

"It's a kind of miracle, and they must be sour," she said, and put one doubtfully in her mouth.

"They're sweet!" she cried in another moment of tasting. "I never heard of such a thing!" and now she paused suddenly. "Yes, but I have! Didn't old Dr. Simmons tell me one day last autumn how he had strawberries almost to the end of the year, and I only half believed him. How did he do it is the next thing? I'll write him and find out, for berries like these might mean at this season a dollar a box in New York. I will write him to-day. In the meantime I will investigate this bed and see if there are any more."

There were more, so many more that she went in for a pan and had nearly a quart of excellent berries as the result. There were other strawberry plants, scores of them, but no more berries.

"Something particular must have happened in just this spot," she meditated. "I don't know but what the Doctor will tell me. As for me, I am certain I am going to be a raiser of whatever this land is good for. The Call of the Wild is all very well, but the Call of the Land is just as potent for some of us anyhow; and now for the letter."

Three days later came an answer which Miss Templeton read till she knew it by heart.

"Good for you!" it began. "I thought you'd find a specialty when you had studied the old place a bit. I have just eaten a strawberry shortcake or my allotment of it. It was made from October strawberries raised by a man who put forty boxes on exhibition at the State Fair, and sent some to other exhibitions, the last time sending them to the Grange of his own township,

where they were made into strawberry shortcake, to the astonishment of all who ate and could thus testify that the berries did not come out of a can. All there is to it is that, if you want Fall berries instead of June, you must pinch off all the blossoms and the fruit-stems till about three weeks before you want the fruit. But you can have a good June crop, a big one, if you learn the best way with the cultivating. Straight on till mid-September or early October even, pinch off every blossom as directed. You'll find it will keep you busy for awhile. The common strawberry gives one good crop in two years, an ever bearing strawberry three crops in two years. There is a so-called ever-bearing berry that is a poor thing and not to be depended upon. But one of our Grangers has a new plant that is genuinely ever-bearing, the beginning of a new race of strawberries. You wondered how you were going to live, if you gave up teaching. You know now. The ground must be kept clear of all weeds and you must be on the watch for frosts and cover the beds at night. Mulch with pine-needles; bushels of them in the pines beyond your big pasture. I have only had to cover my plants twice so far. I believe the plants would bear all winter if it were not for freezes, for they are loaded now with blossoms and green fruit. I send you the address of the dealer who will take every one you can raise. In short, you will have a specialty, and that is money every time for man or woman."

There were tears in her eyes as she folded the letter. "To think that the way is really clear to a living," she said. "Thank God! I didn't know if I could

keep the old place but now I know."

"I told you she was a mite teched, like most of the other Templetons," the old deacon said some months later, "but I'm inclined to admit she's got more sense than all the rest of them put together. I'd have said, if she had told me she was going to raise October strawberries, that she was plum crazy, but she done it, an', what's more, made her first batch of crates with her own hands in the Judge's little work shop he used to fool round in. She learned how, she says, at a school in New York. I tell you she knows how to use her hands. As for that Spitzenberg tree it's took a new lease. It had nine bushels of apples this Fall an' she did up each one in tissue paper an' packed them same as them growers out in Oregon an' Washington do, an' Lord knows what it may do next year, for she's pruned an' scrubbed an' fertilized, an' whatever else come into her head, an' there it is! She's got five hundred plants set out in her strawberry field, an' she's going to have more. I say we'd better make her honorary member of whatever there is going on in this town, for there couldn't be a bigger credit to it, even if she does wear bloomers, when she's in the field. My wife is fussy enough, but she hain't a word to say agin it. 'Women ain't all fools,' she says, 'though some of us is pesky nigh it, an' I say more of us might go to work the same way. She's sry as a cricket an' considerable younger lookin' than when she first come.' That's what my wife said to me, so it's so. There's money in the land morer'n we know, an' we'd better begin to realize it."



A Brief for Husbands

By Kate Gannett Wells

THE snobbishness of excellent wives towards ordinary men, who yet are possessors of real moral integrity is often ludicrous. Such women seem to regard their husbands as below or beyond the kinship ties of blood, as merely their connections by marriage, which, therefore, all the more entitles them as wives to the convenience of divorce.

They severely assume that husbands ought to behave themselves, withstanding all temptations to petty graft, subterfuge or dishonesty. And, of course, they ought to or else not be husbands. But that is no reason why there should not be grateful, even if silent, recognition of their virtue. Fortunately women are too clannish to do much "muck raking" among their own folks, though they may pursue this popular pastime with avidity in other people's families. For all that, they do not keenly appreciate the everyday hard working kind of men, who fold their napkins (when they have any), across their chests instead of placing them in their lap, and who peel their potatoes as if they were shearing sheep. Yet, after all, their wives may be in love with them, since the capacity to fall in love and to appreciate are two different qualities of the heart.

The constant trivial temptations of men and women are so alike and yet so different that perhaps it is difficult to realize the besetting nature of bad habits which are not one's own. Luckily, owing to the innate chivalry of men, they do not disparage their wives and daughters as semi-unconsciously as women do their husbands, but not their boys, for grown-up sons have somewhat of the charm of lovers to their mothers. It is intolerable when women seek sympathy

of each other because their husbands neither understand nor sympathize with them. At least, such complainants might add, when they can truthfully, that their men folks are as good as gold. If there were only half as many newspaper stories and worthy novels representing the good a man does a woman as there are papers and books setting forth the sublime effect of women upon men, the pros and cons of mutual valuations might get evened up. It is a tremendous achievement to grow up to manhood good and then, when claims of all kinds are pressing upon one, to still keep simply honest, even if cross,—and that is what average husbands are doing.

In some regions of fancy or locality it is a popular fiction that a woman's work is harder than a man's, inasmuch as hers is never done and his counts by the legal day of appointed hours. Yet reckoning by the years *all* through life there are as many hours of labor for the one as for the other. Certainly there comes the time to a woman when her babies are grown up, while her husband, on general principles, has to keep on working just as hard after he is fifty years old as before. Then as soon as he has placed his family in comfortable circumstances his wife has more chances to take a nap and play bridge than he has. If men complained as much of their work as some women do of theirs, women soon would be more tired of their husbands than the latter are of their wives. Housework is tiresome, but is it not on the whole less tiresome to work for one's family than to live all alone and get one's own meals and never be either scolded or loved? Loneliness is worse than hard work, and the realest hardships for women, that make marriage harder for them than for men, are those which it is alike impolitic

or impolite to discuss.

Probably a chief cause of grievance in marriage is the adjustment of moneys. Some experts advocate the wife's receiving a certain sum as weekly wages, which at once puts the marriage relation on an ignoble and untenable basis. Neither husband nor wife is the employe of the other. The wife, as *wife*, is as much entitled to a proportionate share of her husband's earnings as he is to a share in the comforts of the home she manages. But women are so afraid to speak out, in the very beginning of their joint life, lest such speech should seem too business like,—and most men are not told by their mothers how to treat their wives to whom they would prefer to be generous rather than merely just. Women's cowardice and unselfishness is at the bottom of half their troubles. If they would have that kind of self-respect which is neither obstinate nor aggressive, men would never forget what is due them. The wife must not be forgotten in the mother, nor must the husband be forgotten in the business man or laborer. What a man is as father will depend upon what he first is as husband. Before the children come and when they have come, one should never forget to be the self-respecting parent, in order to be a self-sacrificing mother or father.

Many a man's first notions of the inferiority of women are derived from the way in which he sees his mother disregard herself. I have seen women bring in a hod of coal or split kindlings which their husbands considered as natural,

wifely deeds, while they sat quiet and comfortable. It was not their fault, it was the meekness of their mothers who were to blame for needlessly accepting such duties; inherited notions are strangling to effective helpfulness. Better is it for a son to think of his mother as the woman whom his father adored than as of a saint who bore his father's crossness. What she needs to do is, before her marriage, to assert her dignity in words and to claim it by promise. Then, after marriage, to maintain it by all wifely charms, by the dignity of her labor as housekeeper and by the clear sightedness of mother wit, never allowing inattention to each other to creep into married life.

If he likes pies and she is so hygienic that she disapproves of pastry, why should she not yield her conviction to his taste and bake him pies. Ever so many kind, commonplace men are goaded into discomfort by their wives, who want to improve them. To be made happy and comfortable is the best way of being improved, and if the wife feels that her intellectual nature is being warped and her affections stunted (the current phrases), let them be,—as far as this life is concerned, and cultivate a strong faith in immortality, as final consolation.

Still when marriage is lacking in all that it should be, when each glance given or received is not a benediction, then is gentleness needed in judgment of one another. For it is the things that cannot be told which give the deep look to the eyes of woman and carve the patient strong lines upon the faces of men.

Golden Rod

By Edith C. Lane

Feathery spikes of golden bloom,
Tall and straight as a knightly plume,
Basking in the sunlight,
A vision of delight.

On the prairies measureless sweep,
A lonely vigil they keep,
'Midst Sage Brush sere and brown,
Only the stars looking down.

Lightly swaying to and fro,
Where balmy south winds blow.
By the setting sun caressed,
As it slowly sinks to rest.

The Veranda Girls

By Virginia Church

PART I.

The Veranda Girls Form a Club and K. C. Gives the First Luncheon

THEY call us the Veranda Girls because, when we were together, which was every day—we just couldn't stay indoors, but had our "talk-fests" on the porch, each of us being fortunate enough to have one at her home. We had graduated together in the same class, at the same college, and now, home again, we lived in the same or neighboring suburbs of Boston. Doll Fallows was a quaint fairhaired little witch who lived in a beautiful old-fashioned home, surrounded by elms, in Newton Highlands. Chrystabelle Ellis, tall, almond-eyed and graceful, had a splendid home in Auburndale, with gardens that rolled in terraces down to the Charles River. We called her "our bloated aristocrat," though she wasn't a bit snobbish, but just a little different. Her family called it the artistic temperament. Sue Breckenbridge and I lived across the street from each other, in Newton Center, in plain, comfy homes, without any particular style or pretence, but satisfying us and always open to our friends. The girls called me Casey; from my initials, K. C.—and you'd never know from them in a thousand years, that I had the dignified name of Katherine Carter.

"Girls," said Doll Fallows one afternoon in June, as the four of us sat on Chrystabelle's back veranda admiring the view down the Charles River and munching fudge, "we've simply got to keep together. We're miles apart, except Casey and Sue, and unless we're careful, we'll be forming horrid new friends and getting weaned away from each other.

"We just mustn't, Sue murmured.

I scouted the notion, but felt kind of lumpy in the throat. It was then that Chrystabelle proposed the club. It is always Chrys who has the ideas,—we do the work, and that's right too, for her suggestions are the inspiration of genius and geniuses aren't supposed to work.

When we went home fairly bubbling over with the plans of our new club, our elderly male relatives joked us mercilessly. Doll telephoned over that her Uncle Jim was too mean to live and my brother Jack was the limit.

"Is it Browning or Ibsen?" he jeered. "Will your first paper be on the Latest Psychological Discovery in Bonnets, or Literary Germs and How to Eradicate Them?"

When I announced that it wasn't to be a Literary society at all, but a Luncheon Club, and we were each to give one during the winter, Jack howled.

"So," he cried, "you haughty graduates are only hungry girls, after all, with a very thin college veneering."

Mother was helping him to a third piece of pie at the time and I retorted that Yale hadn't seemed to take his appetite. Then he tried to make up and inquired if he would be invited. I was glad to be able to say "no" very sharply, and to explain that only girls were to be asked, the hostess of the day being allowed two invitations outside the quarantine, thus seating six at table.

The first luncheon came sooner than any of us expected and was of my planning. It happened this way. I had a letter the very next day from Bev Whitney and Constance Allen, saying they were coming to visit me for a week. I

thought this would be a dandy chance to show off the club, so I telephoned the others and they said "go ahead."

A week later I sent out four invitations to a College Luncheon and had four acceptances before evening.

Our college colors were green and white, so I began to plan a green and white menu. I asked mother what I could color things with to make them green and not kill us. She told me the water from boiled spinach made a lovely clear green, was harmless and, mixed with other flavors, had no taste. Mother is all right and knows a lot, though she didn't go to *the* college.

I, or rather Jack for me, printed my menus on cards headed by our college seal and they read as follows:

Purée of Asparagus à la Boat Club
 Biological Club Crab
 Gymnasium Rolls and Basket Balls
 Golf Club Meet Golf Balls and Sticks
 Faculty Salad (Cheese it!)
 A Class Tourna-mint!
 Cake and Bonbons
 Coffee

Of course all this would be so much Greek to an outsider and not sound good at all, but, when translated, it was fine, if I do say it myself. You see Connie was president of the Boat Club and the soup was in her honor. It was cream of asparagus, made from a can of the tips, and had two little boats floating on the top of each plateful, to represent our canoes. They were made of almond shells and had a tiny paper flag stuck in the prow of each. Jack wanted me to put a foot-note on the cards saying this was no shell game and that the guests were not to eat the decorations.

Doll was the leading spirit of Biological Club, hence the crab. It was simply creamed with green peppers and served in pastry shells. Gymnasium rolls were so called just to be suggestive of some of the unsightly evolutions we all had to go through in gym. In reality they were small Parker House rolls, served hot. The idea of the basket-balls I considered a stroke of genius. Jack again came to

my assistance and played carpenter. He made six little standards and erected them over the six bread and butter plates. On each of these we tacked a small, round coffee strainer which looked exactly like the baskets at either end of the gym. Into each basket was dropped; just before we went into the dining-room a ball of butter worked until light. This made a hit with the girls and was worth the trouble in construction.

The six of us had belonged to the Golf Club, and though "meet" was a horrible pun on my veal loaf, it succeeded in increasing the hilarity of the feast which was the primary object. The veal was made by this recipe which mother thinks a good one: Grind three pounds of lean veal and one-half a pound of salt pork, mix into the meat a small onion, chopped fine, a cup of bread crumbs and two well-beaten eggs. Season with one-half a teaspoonful of kitchen boquet, salt, pepper and parsley. If too dry, add sufficient water to moisten. I had the meat baked in individual models which represented our Golf Club house. I hoisted a small paper flag on top of each and set them in a lettuce leaf. The golf balls were simply boiled peas and the golf sticks were potatoes cut and fried in long slender strips, the shape and size of a large match.

The Faculty salad was individual jelled cucumbers, made by scraping out the inner part of six medium-sized cucumbers, dressing with olive oil, vinegar, paprika and salt; mixing with two tablespoonfuls of gelatine, dissolved in hot water, and pouring into individual molds with a few nut-meats on top of each. This, served on lettuce with mayonnaise, makes one of the most delicious salads imaginable,—a slice of lemon is served with each and on the side a ball of cream cheese, into two sides of which are pressed the halves of an olive.

In the tourna-mint, I perpetrated another pun. This course was mint-ice, the directions for which are: Take the

juice of three lemons, the crushed and grated leaves of a bunch of mint, a tablespoonful of spinach juice as coloring, a pound of sugar, the liquor from a pint bottle of creme de menthe cherries and a quart of water. Heat this mixture to the boiling point; then cool and freeze. When frozen to the consistency of snow, stir in the creme de menthe cherries and set aside in the freezer until ready to serve. This mint snow is most effective when heaped in tall glasses with a sprig of mint in each. The cakes were iced green and the bonbons, pistache.

A green and white color scheme makes an easy table to decorate. I used white rosebuds and green ferns. At the four corners of the table were silver candlesticks, in which green candles were shaded by fluffy green shades. The girls all knew me well enough to make remarks about the table, which they declared was a dream of loveliness and, when the green food began to appear,

to guy me mercilessly. Bev announced that she was glad that she wasn't a widow with little children depending upon her, for then she would never dare eat the green mixtures that I had concocted out of a spirit of college loyalty.

She wanted to know why the Faculty Salad was so called. Was it because we were handed a lemon? Chrys thought it was "because they were fresh young things." The tourna-mint proved too much even for their forbearance, and they threw hard epithets at me in lieu of any more available ammunition.

Anyway the luncheon was a great success, and Doll Fallows wanted to have hers next week, only Chrys persuaded her to wait at least until our digestive organs were again normal and, besides, she argued, if we all had them right away, there wouldn't be any left for Winter. So Doll gave in, though she's to have the next one when it does come off.

When Maple Leaves Begin to Fall

By L. M. Thornton

I did not know it by the golden glory
Of sun flowers nodding toward their chosen
god;

I did not learn it from the old, old story
Each season told by stalks of golden rod.

I did not credit all the robins told me
Or yet the crickets' bold, insistent call,
But I was sure that Autumn would enfold me
When maple leaves began to fall.

I did not know it by the lazy turning
Of lazy bees, that early sought their cells;
I did not credence give the sumac, burning
Crimson as flame, though much its beauty
tells.

I could not trust the message of the clover,
Brown leaved against the mossy orchard
wall,

But well I knew the Summer days were over,
When maple leaves began to fall.

I did not feel convinced by West winds sigh-
ing,

Or smoky haze that hid away the sun,
I looked unmoved and saw the rushes dying
The asters' petals scattered one by one.

I shut my eyes and all forebodings routed,
Autumn's sure signs, I quite disdained them
all.

But at the last, my heart no longer doubted
When maple leaves began to fall.

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JANET MCKENZIE HILL, Editor

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BESIDE THE SEA

By the blue sea I sit and dream!
The moon is high, the wind's asleep,
A Sabbath calm broods o'er the deep;
While ships, like lilies, lie at rest
Upon the water's quiet breast,
And mild the heavens that bend above,
A canopy of tender love.
In reverence hushed all things doth seem,
So by the sea I sit and dream.

By the blue sea I rest content!
The yesterdays with longing fraught,
All sorrows that the years have brought,
I give them to the ebbing tide
To scatter, scatter far and wide;
E'en memories that sometime bless
Of service sweet, or happiness
Found in dim woods, by lake or stream,
Seem drifting from me as I dream.

By the blue sea I live anew!
Unto my soul a glad, new morn
Is silently but surely born,
For peace and tardy hope have come
Within my heart to make their home;
The larger life, with portals wide,
Comes toward me on the flowing tide,
And entering it, at once I seem
With God, as by the sea I dream.

LUCIA W. FAMES

EDITORIAL

THE BOSTON COOKING SCHOOL MAGAZINE has been under the same editorial conduct and management since the first issue in 1896. In these years no change has been made, either in the name or in the character of the publication. The magazine has been no imitator, nor has it copied after the matter or style of other periodicals. It has ridden no hobbies, laid claims to no great inventions, nor has it boasted to have inspired and led the reforms of the age. At the same time it has striven steadfastly to render immediate and useful service in the more practical concerns of housekeeping, to the end that progress might be made in the conditions of healthful, happy life in the home.

The editor of the magazine, a photograph of whom is presented in the present number, has had long and uninterrupted experience in housekeeping. This experience she has summed up and put into practice, both in giving instruction to others and in the composition of books, of which a fifth volume is now in press.

Thus the authority and reliability of the COOKING SCHOOL MAGAZINE has come to be well known and widely recognized. In its special line of effort it may be said to be somewhat unique. It aims to do one thing and to do that well. Our constant desire is to publish a journal that shall meet the ever growing needs of earnest, intelligent housekeepers everywhere.

HOUSEKEEPING AND METHOD

A WITTY woman once said that housekeeping consists in taking things out and putting them back. One might elaborate the statement by saying that good housekeeping consists in getting the things back in the right places, and easy housekeeping consists in having places enough for the things. "The right thing in the right place" is one of the most threadbare of domestic commonplaces. It is one of the sayings.

one quotes glibly without realizing its significance. System and method are the two keynotes of the smoothly running household. System means good planning, and method means precision. Cast-iron rules are as undesirable as negligence, but the happy medium between caretaking and carelessness makes a happy home.

Nowhere is the use of brains more valuable than in domestic economy. Ingenious devices for lightening labor are constantly placed on the market, but they must be supplemented by the ingenuity of the homemaker in arranging her tools to the best possible advantage. Even such trifles as matches, pins, scissors, pens and pencils should be properly supplied in the proper places. Implements for sweeping, and above all, for cooking, should be arranged in a well-thought-out system. The woman whose brains save her time and strength has leisure and opportunity to enlarge her horizon far beyond the four walls of her house.

COMFORTING TO BEGINNERS

IN the early stages of housekeeping, there are many details which loom large to the uninitiated. To get several hot dishes on the table simultaneously—or several ice-cold ones, as the case may be—to plan supplies and menus over Sundays and holidays, to arrange big dinners for easy days and left-over dinners for busy days, the hearty meals for cold days and the light ones for hot days, to match variety with economy, and please everybody all the time, such a programme often looks more difficult than it really is. The experienced housekeeper has almost forgotten that such difficulties exist. Facility in planning becomes second nature, a fixed habit, and mind and muscle move easily in accustomed grooves. Experience also brings a certain degree of philosophy. One learns to make the best of things. If the grocer and iceman fail, the milk

sours and the meat is tough, it is no fault of hers, and she does not take it to heart. She has learned, too, some simple tricks by which to minimize these trials. There is no better way to get used to housekeeping than to keep house. Each week is easier than the last. Every month-end sees a larger total of acquirements, a fuller mastery of domestic problems, a maturer judgment, and a stronger self-confidence. A beginner has her troubles, but every step counts. Apprenticeship culminates in triumphant accomplishment.

NOISELESS HOUSEKEEPING

IT is interesting to notice the difference in housekeepers in the matter of noise. Some cannot wash a few tea-cups and saucers without a clattering of china which sounds like a restaurant kitchen. Others could wash with much less noise the cooking and dinner dishes of a large family. So, too, in sweeping, some must bang the broom or mop against every piece of furniture in the room, while others get through the task almost noiselessly. The opening and shutting of doors and windows is another test of temperament. With some it is always a slam or a click; with others an imperceptible motion. There are well-bred women who step about the house as heavily as men, and others whose springy, elastic step is without sound or jar.

All these things are, in the first place, a question of natural constitution, but the force of habit can make or unmake the original bent of the person. Noise in housekeeping is really entirely unnecessary. It is an absurd idea that it is easier to work noisily than quietly. The truth is exactly the reverse. Noise is a frightful waste of energy. It makes labor much more fatiguing, both to the laborer and the listener. It means superfluous muscular exertion, and consequent weariness. It wears upon the nerves. All sorts of devices are in-

vented to make machines noiseless, but it still remains to teach women the art of noiseless housekeeping.

THE PRINCIPLE OF DOMESTIC SELECTION

THE busy housekeeper with a multitude of details to occupy her, often has to choose among the several things calling for her attention. If there is "only one pair of hands," there are times when something must be neglected. The principle of selection is always in operation. The question of each day is, What to do next? What is of prime importance? What can be postponed? Happy the household where the homemaker answers these questions wisely. When a frantic effort is made to do the impossible, everybody is miserable. But when tasks are fitted to time and strength, the atmosphere of content is worth more than faultless order.

The natural inclination is to attend first to the things which are most in evidence. Shining faucets, a bright tea-kettle and a polished stove make a brave show in the kitchen. But how about the refrigerator and the garbage can? Dainty towels and a spotless mirror make a bathroom attractive. But how about the bowls? Most of us have noted with admiration and envy certain outward signs of neatness in our neighbors and sighed that we could not keep pace with them. But appearances are sometimes deceitful. Immaculate exteriors do not always mean corresponding neatness elsewhere. The first things, in order, are the essentials: the affairs of sanitary and hygienic importance. The ornamental and external should always be secondary to matters which concern the health. The excellence of housekeeping, in the last analysis, depends upon the things behind the scenes.

E. M. H.

of the stupidity of his helpers, of the ingratitude of mankind, nor of the inappreciation of the public.

These things are all a part of the great game of life, and to meet them and not go down before them in discouragement and defeat is the final proof of power.—*Elbert Hubbard.*

The history of the Twentieth Century fully written out, that is, written out fully enough to be intelligible to our posterity, say five hundred years hence, would fill more volumes than "The Decline and Fall of Rome." More things have happened that were new in the experience of men and nations, more new forces have been set in motion, and more enterprises undertaken for the benefit of mankind than came into view in the whole range of Gibbon's exhaustive studies. The moving pictures now thrown on the screen of history show vast changes going on everywhere. On all the continents, empires are shifting the balance of power with one another and, in a way unprecedented in any former ages, are redressing the inequalities of condition and privilege which once seemed hopelessly to separate the rich from the poor, the learned from the ignorant, and the righteous from the wicked. From chemistry to theology, from practical science to social amelioration, the fields of thought and action have been cleared, so that for every form of human endeavor the outlook is more encouraging than ever before.—*Christian Register.*

"Economics changes man's activities. As you change a man's activities you change his way of living, and as you change his environment you change his state of mind. Precept and injunction do not perceptibly affect men; but food, water, air, clothing, shelter, pictures, books, music, will and do."

THE man who is worthy of being a leader of men will never complain



MILK BREAD, FRENCH BREAD AND RYE-MEAL BISCUIT

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Consommé, Espagnole

PREPARE a broth of a knuckle of veal, three pounds of beef from the hind shin and a fowl. Add the fowl after the veal and beef have been cooking one hour or longer, and remove it as soon as it is tender. Remove the fat from the broth and clarify it in the usual manner. Before serving add two or three cooked pimentos, cut in small squares, and about a cup of hot boiled rice.

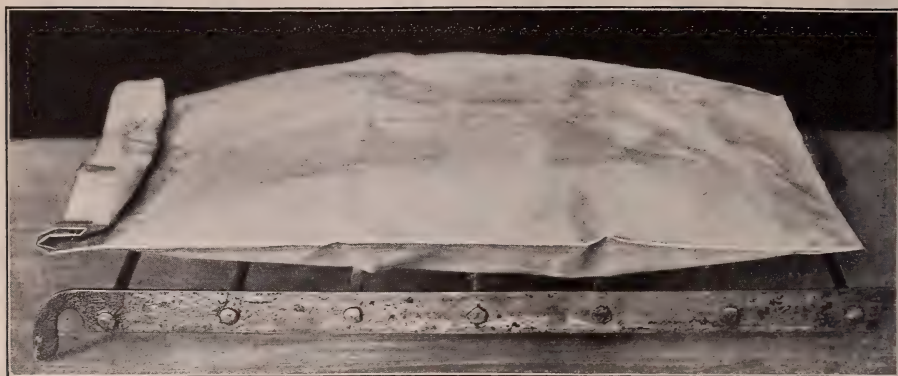
Consommé, Dubarry

Prepare a royal custard in the usual manner, but add to it eight or ten blanchéd almonds, cut in fine shreds. When cooked and cold cut in cubes. Have ready, also, tiny flowerets of cooked cauliflower and half an ounce of cooked rice. Serve a tablespoonful of the rice and about half a dozen pieces, each, of the cubes of custard and flowerets of cauliflower in each plate of soup.

Cream of Cucumber Soup

Peel three large cucumbers, cut them in quarters and discard the seeds. Slice the pulp, cover with cold water, heat quickly to the boiling point, drain, rinse in cold water and drain again. Melt two tablespoonfuls of butter in a stew pan; add the cucumber and let cook very slowly about half an hour; add half a teaspoonful, each, of salt and pepper, half a teaspoonful of sugar and one quart of chicken or veal broth and let simmer very gently twenty minutes. Melt one-fourth a cup of butter,—in it cook half a cup of flour; add two cups of milk and stir until boiling; strain the cucumber and broth into the sauce. Beat the yolks of two eggs; dilute with half a cup of cream and stir into the soup. Do not allow the soup to boil after the addition of the yolks and cream. Serve with croutons.

Turbans of Halibut à la Comtesse



TURBANS OF HALIBUT, COMTESSE, READY TO BAKE IN PAPER BAG

To serve eight, purchase two slices of halibut cut below the opening in the body of the fish, and weighing, when cut, about half an inch thick, about one pound and a quarter, each. Remove the fillets, eight in number. Put the bones and trimmings over the fire with two slices of onion, half a small carrot, two branches of parsley, a stalk of celery and cold water to cover. Let simmer twenty minutes. Over the fillets squeeze the juice of half a lemon and sprinkle a level teaspoonful of grated onion, a tablespoonful of fine-chopped parsley, two tablespoonfuls of fine-chopped mushrooms with salt and pepper. When ready to cook roll up the fillets separately, fastening each with a wooden toothpick dipped in melted butter. Set them in a paper bag designed for the purpose, add half a cup, each, of sherry wine and stock and the chopped ingredients that remain in the dish. Fasten the bag by folding the open edges together two or three times, and secur-

ing the same with two or three wire "clips." Set the bag on a meat rack into a moderate oven. Let cook about twenty minutes. Cut open the bag and dispose the fish on a serving dish, pouring over it the liquid in the bag.

Breaded Veal Cutlet, Baked

Dip veal cutlets into a beaten egg, diluted with an equal measure of milk, and then into sifted bread or cracker crumbs, seasoned with salt and pepper. Put into a paper bag and close the bag in the usual manner. Set the bag on a rack in the oven. Bake about forty minutes.

Boned Leg of Lamb, Stuffed and Baked

Remove the bone from a "short" leg of yearling lamb. Fill the open space with bread dressing. Season the meat with salt and pepper and spread the outside liberally with bacon fat or dripping.

TURBANS OF HALIBUT, COMTESSE, READY TO SERVE
CYLINDERS OF POTATO IN CENTER

Spread the inner side of the paper bag with dripping, put in the meat and close the bag secure. Set the bag on a rack into a hot oven. Let cook about two hours, reducing the heat after the first fifteen minutes.

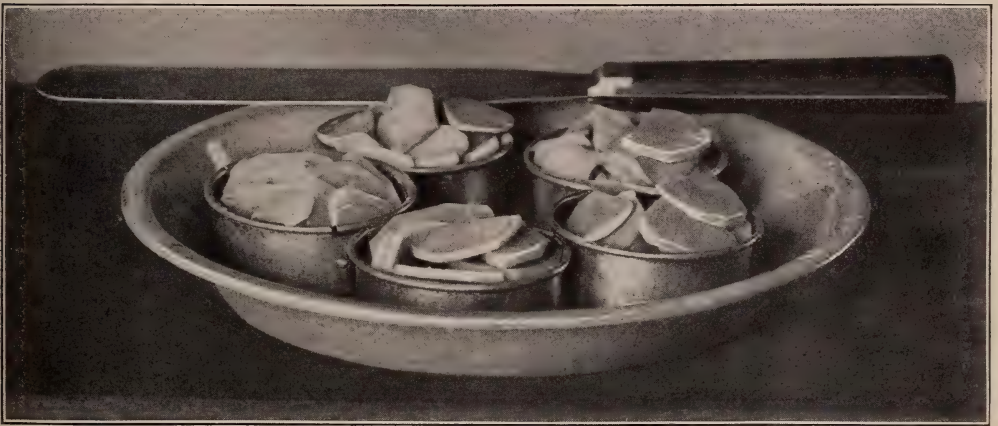
Cornish Cutlets

Trim slices of cold meat, preferably veal or lamb, cut about one-fourth of an inch thick, into pieces of the same shape and size; sprinkle them with salt, pepper and a few drops, each, of tomato catsup. Have ready some well-seasoned, hot, mashed potatoes into which some beaten yolks of egg have been beaten (one or two yolks to a pint of potato.) Cover each slice of meat with the potato and make the surface smooth with a knife. Dip in a beaten egg, diluted with three or four tablespoonfuls of milk and water,

five minutes, then with a broad spatula, turn the rings and potatoes within and let cook about twenty-five minutes on the other side. Serve (without rings) with any dish of meat.

Milk Bread

Soften one cup of compressed yeast in one-fourth a cup of scalded-and-cooled milk; add one cup of scalded-and-cooled milk, half a teaspoonful of salt, one tablespoonful of sugar, one tablespoonful of shortening and flour to make a dough. Knead the dough until smooth and elastic. Set aside to become doubled in bulk, then cut down and shape to fit a brick-loaf bread pan. Bake one hour. The loaf should cease to rise and become crusted over by the time it has been in the oven fifteen minutes.



POTATOES ANNA

cover with sifted bread crumbs and fry in deep fat.

Potatoes Anna

Pare long slender potatoes and cut into thin slices. Brush over a baking sheet very thoroughly with good dripping or butter, on this set as many English muffin rings as persons to be served; fill the rings with slices of potato, adding seasonings and melted butter to each layer of slices; finish with a teaspoonful of butter on the top of the potatoes in each ring. Let cook in a hot oven about twenty-

French Bread

Soften a cake of compressed yeast in one-fourth a cup of lukewarm water; stir in sifted flour to make a dough, and knead the little bit of dough into a smooth ball. Make a deep cut across the dough in two directions. In a mixing bowl have one cup of water, boiled and cooled to a lukewarm temperature; in this set the little ball of dough, cover and let stand until the dough becomes very light and floats on the water; add half a teaspoonful of salt and stir in flour to make

a dough. Knead the dough until smooth and elastic, then set aside, close-covered, to become light. Shape into a long narrow loaf; make a depression through the center of the loaf—lengthwise. When again light make three or four cuts across the loaf. Bake about forty-five minutes. Brush over with beaten white of egg and return to the oven to glaze.

Rye-Meal Biscuits

Stir a cake of compressed yeast into one-fourth a cup of scalded-and-cooled milk; add one cup of scalded-and-cooled milk and one and a half cups of sifted bread flour, and mix to a sponge; beat thoroughly and set aside to become light. Add a scant fourth of a cup of melted butter, one-fourth a cup of molasses, half a teaspoonful of salt and one and one-fourth cups of sifted rye-meal. Mix thoroughly, cutting the dough through and through, with a knife. The dough is too soft to knead. When light, with buttered fingers, shape into sixteen balls and set them close together in a baking pan. When again light bake about twenty-five minutes; brush over with white of egg or beaten yolk mixed with milk, dredge with granulated sugar and return to the oven to set the glaze.

milk; mix and add to one cup of milk, scalded and cooled to a lukewarm temperature. Stir in enough flour to make a batter; beat until smooth, then cover and set aside to become light. Add one whole egg and a yolk or three yolks of eggs, one-fourth a cup of sugar, half a teaspoonful of salt and flour to make a dough that may be kneaded. Knead until smooth and elastic. Cover and set aside (out of drafts) to become doubled in bulk. Without cutting the dough down, divide into two pieces of same size. Set one of these upside down (crusty side down) on a board, pat and roll into a rectangular sheet less than half an inch thick; brush over with butter, sprinkle with sultana raisins and pecan nuts, broken in pieces. Use from a half to a full cup of fruit and nuts; roll up like a jelly roll; lift the roll to a baking pan and bring the ends together to form a ring; fasten the ends secure and in such a careful manner as will conceal the joining. With scissors cut through the ring from the edge nearly to the center, at each side, entirely round the ring; cut a little on the slant and turn each division with the scissors or fingers, to show the layers of dough and fruit, etc. That is, cut down through the roll with the scis-



SWEDISH TEA RING, READY TO BAKE

Swedish Tea Ring

Soften a cake of compressed yeast in one-fourth a cup of scalded-and-cooled

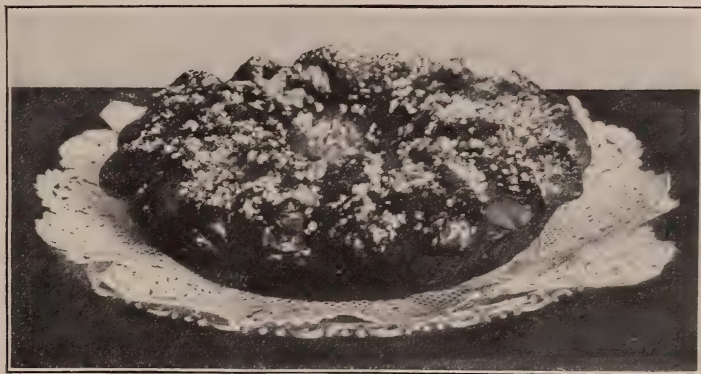
sors and with them turn the cut side of the dough upwards. When again light brush the dough with beaten yolk of egg, mixed with milk, and dredge with sliced

almonds. Bake about half an hour. The recipe makes two rings.

Bismarck Rings

Prepare a dough by the recipe given for Swedish Tea Ring. When the dough

cake of compressed yeast, mixed in one-fourth a cup of lukewarm water, and between three and four cups of sifted flour. Mix all together thoroughly and knead to a smooth dough. The dough should be soft as can be handled. Let



SWEDISH TEA RING, READY TO SERVE

is light, divide it into pieces weighing about five ounces each, (a generous half cup) shape these into balls and set aside, covered with a mixing bowl, to become light. Roll each ball into an oval sheet about one-fourth of an inch thick, and spread with almond-cream filling, then roll up like a jelly roll. Join the ends secure, to form a ring on the baking pan. When all are thus shaped and light, brush over with the yolk of an egg mixed with two or three tablespoonfuls of milk. Slash the dough with a sharp knife, or a pair of scissors, in several places on the top of each roll. Bake about twenty-five minutes.

Almond Cream Filling

Beat one-fourth a cup of butter to a cream; gradually beat in two ounces (one-fourth cup) of almond paste, then one-fourth a cup of sugar and one egg or two yolks.

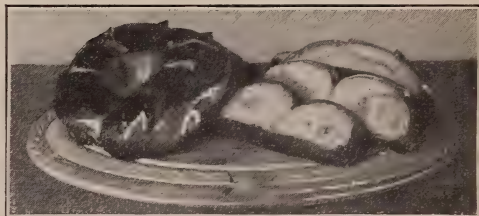
Turkish Rolls

Work one-fourth a cup of almond paste into one cup of boiled water, cooled to a lukewarm temperature; add one tablespoonful of butter, one tablespoonful of sugar, half a teaspoonful of salt, one

stand to double, about, in bulk; shape into oval rolls; when again light brush over with milk and bake in a hot oven.

Cooked Salad Dressing

Scald half a cup of milk in a double boiler. Mix two tablespoonfuls of flour, one-fourth a teaspoonful of mustard, and half a teaspoonful of salt, with one-fourth a cup of cold milk, then stir into the hot milk; continue to stir until the mixture thickens, then cover and cook ten minutes. Beat one whole egg or two yolks; add one tablespoonful of sugar and beat again, then stir into the hot mixture; continue stirring until the egg is set, then remove from the fire and gradually beat in one-fourth a cup of



BISMARCK RINGS

hot vinegar, and, last, two tablespoonfuls of butter.

Plain Griddle Cakes

Sift together two cups of pastry flour, half a teaspoonful of salt and two level teaspoonfuls of baking powder. Stir one level teaspoonful of soda into two cups of thick, sour milk and stir into the dry ingredients. Stir in three tablespoonfuls of melted butter. Bake, by the tablespoonful, on a well-oiled griddle. When the cakes are well filled with bubbles, they should be brown on one side and ready to turn.

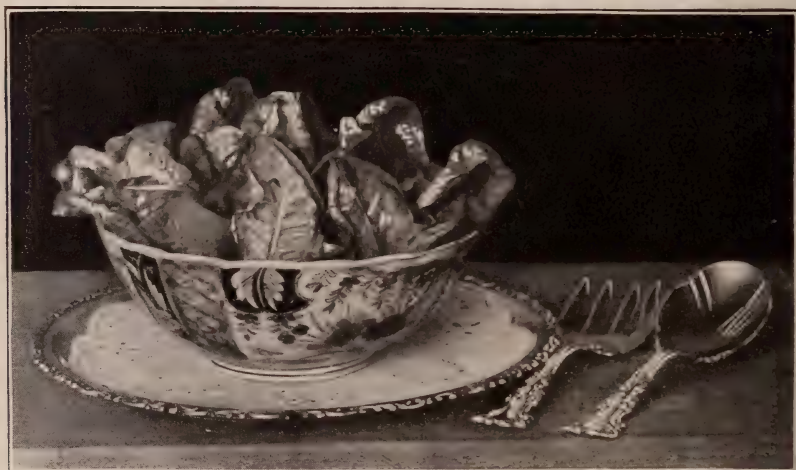
Lettuce-and-Roquefort Cheese Salad

Dispose a carefully washed-and-dried head of lettuce in a salad bowl and

lilli, half a teaspoonful of mustard, half a chili pepper chopped fine, three tablespoonfuls of butter and two tablespoonfuls of mayonnaise dressing and pound until thoroughly mixed. Use as a filling between two thin slices of bread.

Lettuce, Cream Cheese-and-Pimento Sandwiches

Remove two pimentos from a can, rinse in cold water and wipe dry on a cloth. Chop the pimentos. Work half a pound of cream cheese with a wooden spoon, then mix the pimentos through it. With a doughnut cutter stamp out rings of bread from slices of stale (baked twenty-four hours) bread. Spread these with chili-sauce salad dressing and then



LETTUCE AND ROQUEFORT CHEESE SALAD

sprinkle over about one-third a cup of roquefort cheese, cut (or broken with a silver fork) into tiny cubes. Rub a bowl with the cut side of a clove of garlic; put in half a teaspoonful of salt and half a teaspoonful of paprika, then four tablespoonfuls of chili sauce; mix thoroughly, then gradually beat in seven or eight tablespoonfuls of olive oil and pour over the lettuce and cheese. Serve at once.

Epicurean Sandwiches

Pound three boned anchovies in a wooden bowl, add three hard-cooked yolks of eggs, one tablespoonful of picca-

with the cheese mixture. Set a leaf of lettuce between each two rounds, to show through the hole in the center of the bread. Serve at once.

Praline Ice Cream

The ingredients are one quart of rich milk, three and one-half ounces of sweet almonds, five bitter almonds, yolks of six to eight eggs, a scant cup of granulated sugar and one tablespoonful of vanilla extract. Blanch the almonds, cut them in slices and let brown in a moderate oven, turning, and dredging them occasionally with a little sugar. When

the slices of almond are browned slightly and coated with the sugar, pound them in a mortar or wooden bowl. Sift them and pound again whatever does not pass the sieve; repeat until all are sifted. Set the milk and the pounded almonds over the fire in a double boiler. Beat the yolks of eggs; add the sugar and beat again. After the almonds have cooked twenty minutes in the milk, add a little of the hot milk to the eggs and sugar, mix thoroughly and stir into the rest of the hot milk; stir and cook till the mixture thickens slightly, remove from the fire and stir occasionally until cold. Add the vanilla and freeze.

Baked Indian Pudding

Scald two cups of milk in a double boiler; mix four level tablespoonfuls of Indian meal with one cup of cold water and stir into the hot milk; continue stirring until it thickens, then add one-half a cup, each, of sugar and molasses, half a teaspoonful of salt, a teaspoonful of cinnamon, half a teaspoonful of ginger and two beaten eggs. Turn the mixture into a buttered pudding dish and let bake half an hour, then pour on half a cup of cold milk. Do not stir in the milk. Let bake two hours. Serve hot with cream or with ice cream. The oven must be of very moderate heat.

Frothy Sauce

Beat half a cup of butter to a cream; gradually beat in one cup of sugar; add the white of one egg, beaten dry, and half a cup of hot fruit juice, pineapple or grape, and a tablespoonful of lemon



LETTUCE, CREAM CHEESE AND PIMENTO SANDWICHES

juice. Half a cup of boiling water and a teaspoonful of vanilla extract may replace the fruit juice.

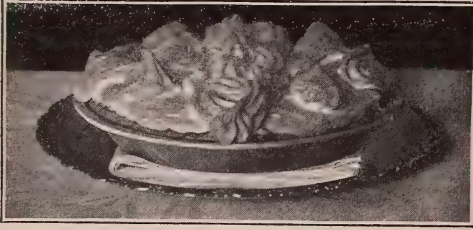
Pineapple Tarts, Fairfax

From remnants of puff or flaky pastry cut rounds about four inches in diameter. On the edge of the rounds pipe a narrow rim of chou-paste. Paste made of half a cup of boiling water, one-fourth a cup of butter, half a cup of flour and one egg with the yolk of another will suffice for six or seven tarts. Prick the paste with a fork, that it may not puff too much in baking. When ready to serve, fill the open centers with pineapple, cut in bits, cover with a cup of cream and one-fourth a cup of sugar, beaten firm and mixed with sliced pecan nut meats and maraschino cherries. Have the



PINEAPPLE TARTS, FAIRFAX

syrup from the pineapple cooked with sugar till quite thick and slightly yellow; pour this over the cream mixture and finish with a piece of cherry.



SOUR CREAM PIE

Macaroon Custard en Surprise

Scald three cups of milk over boiling water; add to the milk one dozen macaroons, crumbled fine. Beat the yolks of five eggs; add two-thirds a cup of sugar and beat again, then cook in the hot milk until the mixture thickens slightly. When cold flavor with a teaspoonful of vanilla extract. Place in the bottom of each of eight or nine glass serving dishes two maraschino cherries, then fill to two-thirds their height with the cold custard. Set on the top of each glass a spoonful of whipped cream, sweetened and flavored slightly before whipping. Serve very cold.



MACARON CUSTARD EN SURPRISE

Sour Cream Pie

Beat one egg and two yolks of eggs light; beat in one cup of sugar, one cup of sour cream, half a cup of seeded raisins or currants, a level teaspoonful of flour, one-fourth a teaspoonful of lemon extract and one-fourth a teaspoonful of ground cinnamon and cloves. Bake in a pie plate lined with pastry until about firm in the center. Beat the whites of two eggs dry, then gradually beat in two rounding tablespoonfuls of granulated sugar and spread over the pie. Return the pie to the oven to cook the meringue. Let cook about eight minutes in a slow oven, then increase the heat to brown the meringue slightly.

Drop Cookies

Cream half a cup of butter, beat into this one cup of sugar, three-fourths a cup of currants, half a cup of molasses, one egg, well beaten, and, alternately, half a cup of sweet milk and three cups of flour sifted with half a teaspoonful, each, of soda and cloves and one teaspoonful of cinnamon. Drop from a spoon on a buttered tin. Bake in a moderate oven.

Economical Menus for a Week in October

"There are large discrepancies between nutritive value and market cost and correspondingly ample opportunity for the exercise of true economy in the choice of food materials"—Sherman.

SUNDAY	Breakfast Graham Biscuits Baked Apples or Apple Sauce Coffee	Breakfast Hamburg Steak Stewed Potatoes Plain Griddle Cakes Coffee	WEDNESDAY
	Dinner Breast of Lamb, Steamed Pickled Sauce Boiled Potatoes Boiled Turnips Apple Pie Cream Cheese Coffee	Dinner Fresh Fish Chowder or Corn Chowder New Pickles Peach Shortcake Coffee	
	Supper Milk Toast Smoked Halibut Ginger Bread Tea	Supper Corn or Kornlet Custard Baking Powder Biscuit Apple Sauce Tea	
MONDAY	Breakfast Lamb-and-Potato Hash Corn Meal Muffins Dry Toast Coffee	Breakfast Cold Boiled Ham Creamed Potatoes Doughnuts Coffee	THURSDAY
	Dinner Lamb-and-Tomato Soup Cheese Soufflé Lettuce Salad, Chili Sauce Dressing Parker House Rolls Squash Pie Coffee	Dinner Breast of Veal, Stuffed, Pöeled, Brown Sauce Scalloped Tomatoes Sweet Potatoes, Southern Style Rice Pudding Half Cups of Coffee	
	Supper Hot Shelled Beans Bread and Butter Cookies Baked Sweet Apples Tea	Supper Potato Salad Eggs Scrambled with Chopped Ham Cookies Tea	
TUESDAY	Breakfast Broiled Bacon, Fried Eggs Fried Potatoes Dry Toast Coffee	Breakfast Melons Broiled Tripe, Maître d' Hotel Butter Small Potatoes, Baked Fried Mush, Molasses Coffee	FRIDAY
	Dinner Fresh Codfish Steaks Baked in Paper Bag Baked Potatoes Cold Slaw Baked Pears Cookies Tea	Dinner Hashed Veal on Toast Poached Eggs above White Hashed Potatoes Squash Queen of Puddings (Jelly and Meringue) Half Cups of Coffee	
	Supper Fish-and-Potato Hash Pickled Beets Stewed Crab Apples Bread and Butter Cottage Cheese Tea	Supper Swedish Tea Roll Cocoa	
SATURDAY	Breakfast Cereal, Thin Cream Eggs in the Shell Turkish Rolls Apple Sauce Coffee Cocoa	Dinner Scalloped Cabbage Cannelon of Beef, Baked in Paper Bag Potatoes Anna Blackberry Roly Poly Coffee	Supper Boston Baked Beans, Tomato Catsup Boston Brown Bread Lettuce, French Dressing Squash Pie Tea

Less Economical Menus for a Week in October

"To insure health cultivate a free use of milk, eggs, vegetables and such cereal products and breadstuffs as contain at least a part of the outer layers as well as the inner portion of the grains."

SUNDAY	Breakfast Swedish Tea Ring Sliced Peaches Coffee	Breakfast Hashed Fowl on Toast Poached Eggs above Sliced Tomatoes Doughnuts Coffee	WEDNESDAY
	Dinner Boned Leg of Lamb, Stuffed, Roasted Paper-Bag Style Potatoes Anna Squash Celery-and-Tomato Salad Cheese Custard Soufflé, Sabayon Sauce Coffee	Dinner Cream of Cucumber Soup Turbans of Halibut à la Comtesse (Paper-Bag Fashion) Cold Cauliflower, French Dressing Lemon Sherbet Sponge Cake Coffee	
	Supper Deviled Crabs au Gratin Buttered Toast Pickled Beets Blushing Apples, Orange Sauce	Supper Bread and Butter Mexican Rabbit Waffles, Caramel Syrup Tea	
MONDAY	Breakfast Cold Boiled Ham Fried Apples Creamed Potatoes Plain Griddle Cakes, Caramel Syrup Coffee	Breakfast Cereal Calf's Liver, Fried Bacon Rolls Hashed Potatoes Pop Overs Coffee	THURSDAY
	Dinner Kornlet Soup Shepherd's Pie (cold lamb) Spinach with "Boiled" Eggs Gelatine Blanc Mange, with Fruit Coffee	Dinner Broiled Sirloin Steak Baked Sweet Potatoes Sliced Tomatoes Sour Cream Pie Half Cups of Coffee	
	Supper Oyster Stew, Crackers New Pickles Canned Pineapple	Supper Peach or Blackberry Shortcake Tea Cocoa	
TUESDAY	Breakfast. Spanish Omelet Baking Powder Biscuit Coffee	Breakfast Salt Codfish Balls Philadelphia Relish Yeast Rolls Coffee	FRIDAY
	Dinner Pöeled Fowl, Cranberry Sauce Mashed Potatoes Cauliflower au Gratin Sliced Tomatoes, French Dressing Toasted Crackers Coffee	Dinner Stuffed Halibut Steaks, Baked in Paper Bag Potatoes à la Maître d'Hotel Green Lima Beans, Cucumber Salad Frozen Apricots (canned) Half Cups of Coffee	
	Supper Late String Beans Ham Sandwiches, Hot Chocolate Nut Cake Tea	Supper Scrambled Eggs on Mexican Rabbit Bread and Butter Sliced Peaches Tea	
SATURDAY	Breakfast Creamed Halibut au Gratin Mashed Potato Cakes Buttered Toast Coffee	Dinner Baked Veal Cutlet (Breaded) Potatoes Scalloped with Green Peppers Succotash Cabbage Salad Macaroon Custard en Surprise Half Cups of Coffee Lemon Queen Cakes	Supper Stuffed Tomatoes, Baked Baking Powder Biscuit Cake Baked Pears Tea



Fad or Reform

By Janet M. Hill

AT the present time much attention is being given to cooking in paper bags. Whether this method of cooking is to survive, and the special paper bags designed for such cookery are to become an integral part of the kitchen furnishings of all housekeepers, or, whether this form of cookery is to be but the fad of an hour, is yet to be seen. Just now most housekeepers are compelled to hold on to the dripping pan and the frying pan through inability to secure the proper kind of bags. For not every sort of paper is suited to this purpose. The paper of which the bag is made must be of such composition that it will not absorb liquid, nor must it in any wise affect the taste of the food cooked within.

The idea of wrapping food in paper for cooking is not a new one. Paper surrounded with mud or paste has served as the cooking utensil for many a camper, while recipes for broiling chops and birds carefully enclosed in paper are given in most books on general cookery. By these means the possibilities of such cookery have become well known. But to wrap chops in paper in such a manner as to exclude the air and retain the juices has been a somewhat tedious process, not to be undertaken every day; nor has paper been at hand that did not leave its taste on the cooked article. But with the paper bag devised by M. Soyer, a French chef, all these difficulties seem to have been overcome. We have tried the bags and are constrained to say

that, with them and with an oven for cooking, this style of preparing food has merits that cannot be ignored or gain-said.

Cooking in a covered casserole, with or without broth, has improved and given variety to the dietary of many a family; it has also lessened the drudgery of dish-washing. Paper-bag cookery goes one step further, it not only tends to conserve the odor and flavor of the food, but it leaves, in the place of a dish easy to cleanse, no dish at all to make clean. Yet there is, no doubt, a limit to which even paper-bag cookery may be put. The high flavor developed by broiling over coals or of roasting in a hot oven or before a fire, is not easily forgotten; and such cookery will not be given up where food adapted to such treatment is under consideration. But there are many articles to be cooked that call for different treatment. Upon sending to the table breaded veal cutlets, cooked within the paper bag to a golden brown and withal juicy and tender enough to be cut with a spoon, we were led to exclaim paper-bag cookery is not a passing bit of sensationalism, but is true reform. And yet the paper-bag will not prove a panacea for all the trials in cooking; like the fireless cooker it will be found to have its limitations.

We are often asked by women serving as stewards in school "commons" and similar boarding houses: "How may I get help on the subject of food values,

to the end that the dietary of the pupils in my charge may be improved," and "will you suggest a book of menus or something of like character that will be of service to me." In most instances the question is in line with the idea involved in "getting rich quick." There is no smooth and easy road to knowledge, if there be, perchance, to wealth. Yet this should not deter one from making a beginning in the matter, and the sooner this is done the better. That the question be asked at all is a hopeful sign for the future.

We might say to these women, why not take a course in a school where domestic science is taught? While this is the proper thing for the right kind of a young woman to do, even if means must be loaned for the purpose, most women who ask these questions have but a comparatively few more years of active life before them and cannot afford to devote three or more years to special training. And yet this training combined with their knowledge of practical affairs would make them of vastly more worth than the inexpert graduates of domestic science schools. School courses in dietetics are now offered in some institutions, notably in summer sessions; correspondence courses are also given that are helpful along these lines. But let no inquirer after knowledge of this kind expect to find in a

single book, magazine or course of lectures all that is needful to know to plan meals acceptably and scientifically. Such an one must set to work in earnest, gathering a little here and a little there, as opportunity offers. The price of a book is, perhaps, none too much to pay for a single idea that can be put into daily practice. Even if the idea be not forthcoming, yet if one's enthusiasm be aroused and an incentive given to greater effort by a perusal of the book, who shall say that the money expended has been wasted. Let no one make the mistake of confining herself to one book; by so doing one cannot get a broad view of any subject. To know anything of a subject one must read widely and learn to make comparisons. Having once learned the first principles of dietetics, study the relations existing between food-stuffs and the bodily functions; consider the processes of digestion and assimilation; compare the methods of cooking as related to economy, hygiene and individual preference. At the same time read every book and paper that comes in your way, with an eye that sees everything having any bearing on your particular subject; and that books of the right kind may come your way, take the time to become acquainted with the contents of such works as claim to treat of your subject.

The Typhoid Fly

Baby bye,
Here's a fly,
Let us swat him, you and I.
While we talk,
See him walk,
And for microbes never balk.
Do you think, with six such feet,
You and I would walk on meat?

There he goes!
Shut the doors,
He may cause you many woes;
Take a brick,—

Will this fly
Tell me why
He will walk on bread and pie?
Sure he knows
That his toes
Are all covered with typhos.
I should think, if I were he,
I'd not fall in milk and tea.

Kill him quick!
Or he'll make you very sick.
Flies you strictly should avoid,
If you would not have typhoid.

S. A. S.

Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XIII

Fruit

LATE summer and autumn are naturally the season when fruit is most abundant, and therefore most interesting to the pupil; so that it is well, at this time, to consider the general use and preparation of fruit and fruit cookery. Many pupils have access to much fruit, which may profitably be used fresh in greater quantity than at present; or may be preserved in some way for winter use. The harvest of wild berries, which too often falls ungathered, would furnish many an attractive and wholesome dessert, beside giving pleasant exercise in the fresh air to the harvester. A "berry picnic," among the pines, is by no means the least merry and rewarding of the summer expeditions. No cultivated berries can surpass in flavor our delicious wild ones, and if they be a little hard to find, is not the joy of discovery added to the pleasure of possession? In these days, when we hear so much about "conservation," here is an application which may appeal even to a child.

The food value of fruit is quite largely found in its stimulating effect upon the appetite, in the variety which it furnishes for commonplace and simple meals and in the organic acids which it provides. Some fruits contain a portion of starch when unripe but, under the "cooking" action of the sun, this starch is chiefly changed into sugars. In the banana we find a "food-fruit" furnishing some starch. The banana may be tested with iodine. Let the pupils make a list of fruits, then discuss with them the manner of growth of different kinds. What does all fruit contain as the plant's provision for its own future? From what countries are some of our fruits

brought? What are "dried fruits?" Of what is fruit juice mainly composed? From the taste, what other food principle is found in great quantity in many fruits?

A few general rules may be given which apply to the preparation of almost all fruits. Wild berries, gathered with clean hands in the midst of fresh greenery and far from dusty roads, need no washing. It is well, however, to form the habit from childhood, of "picking clean." Picking poor or green berries, leaves and insects, and then looking them over is a great waste of time, patience and fruit. It has recently been found, by experiment, that at each washing fruit becomes cleaner, in a rapidly increasing proportion. That is, if it is seven-eighths clean at the first washing, it will be one-half clean in two washings, nine-tenths clean in three and practically entirely so in the fourth water. This shows that it really is of value to change the water several times. Strawberries may be washed in *very* hot water and then cooled, without injury to shape or color. This does not sterilize them, but may make them cleaner than ordinary washing can do.

General Rules for Preparing Fruit

I. Choose sound, perfect fruit, in season. Do not be too eager to buy large fruit. It is seldom so good in flavor as that of a normal size.

II. Wash or wipe the fruit carefully, according to its kind. Remove stems.

III. Serve cold, in a tasteful arrangement of leaves, if the fruit be large and the proper leaves may be found. Grape leaves or peach leaves make an attractive garnish, usually seen in fruit plates in Italy, Switzerland and France.

IV. Be careful that the fruit is ripe, but not over-ripe.

(In Italy over-ripe fruit is considered more unwholesome than when it is slightly unripe.)

In the preparation of dried fruits many of the above rules should be carefully followed and, in addition, the fruit must be soaked to restore to it the original plumpness and juiciness which have been lost in the process of drying. Let the pupils compare a fresh plum with a prune; a piece of dried peach or apricot with the fresh fruit. Compare the food value of the fresh and dried specimens. What are the differences and why?

Water is usually necessary as a medium for cooking fruit, even when the fruit is fresh. Sometimes very little water is needed, as there is a large amount of juice in the fruit itself. The addition of sugar draws out the fruit juice and makes a sufficient quantity of liquid to prevent burning. It is wise to be careful in adding water, or the fruit will be insipid and the juice thin and flavorless. If too much water has been added, how might it be disposed of, without wasting flavor or sugar?

Fruit cooking without the addition of water may be illustrated by the preparation of stewed rhubarb.

Stewed Rhubarb

Wash the stalks of rhubarb and cut them into one-half inch pieces. Remove the stringy outside skin, but do not remove all the pink skin, as that improves the color. Put the rhubarb into the upper part of a double boiler with about one-half as much sugar as you have rhubarb and cook, over boiling water, until it is tender and pink. Do not stir it. Cool and serve. Sweeten more if needed.

(Let the pupils notice the part of the plant which we use in the case of rhubarb. Why call it a "fruit"?)

Cranberries are an interesting fruit in the fall and even a beginner has something she may contribute to the Thanksgiving table, if she has prepared either cranberry sauce or cranberry jelly.

Let the pupils describe the growing and gathering of the cranberry. There are almost always some who have seen both processes, as well as some who are familiar with the delicious, tiny "mountain-cranberry," in its lofty home.

Cranberry Sauce

Wash and pick over the cranberries and be careful to remove all stems. Measure the berries and place them in a granite-ware saucepan with one-half as much sugar and one-fourth as much water as you have berries. Let them come to a boil and afterward boil ten minutes, covered, if possible and with only sufficient stirring to prevent boiling over. Strain, cool and serve. They may also be served without straining, if preferred.

Cranberry jelly may be made in the same way and strained through double cheese-cloth. It is better, however, to strain the juice before adding the sugar, then to boil the juice and add the sugar as in ordinary jelly-making. Any good cranberry sauce will usually form into a jelly on cooling.

(Let the pupils explain why a granite-ware saucepan should be used and why fruit should be stirred with a wooden or silver spoon.)

The preparation of dried fruits may be illustrated by the cooking of stewed prunes or apricots, which are very similarly prepared. Do not add too much sugar. Why is it impossible to give definite directions for the amount of sugar?

Stewed Prunes

Wash the prunes with care and let them soak in fresh, clean water for several hours. Cook them in this water until nearly tender, then add a little sugar. Cook again until the prunes have absorbed the sugar and are entirely tender, then cool and serve. A slice of lemon may be cooked with them, if desired.

If sugar is cooked with the fruit from the beginning, it tends to make the fruit tough. Why cook prunes or apricots in the water in which they were soaked?

Apples are one of our most abundant

fruits and are, perhaps on that account, scarcely appreciated. Baked, in earthenware or granite-ware dishes, with the cores removed, they are a dish fit for a king. They may be cooked similarly in a sauce-pan, where the process may be watched.

Apples Cooked in Water

6 apples, 1 cup of sugar, 1 cup of water.

Wash and core the apples and remove the skin if desired. (The skin gives a pretty color, if it is red.) Cook the sugar and water together until they form a syrup, then place the apples in it and

cook, without breaking, until they are tender. Remove the apples and boil the juice until it is thick and jelly-like. Pour it over and around the apples, where it will form a jelly. Cool and serve.

This may be used with cereal, as a sauce or for a dessert. If housewives could only be persuaded to make a greater use of fruit, both cooked and fresh, instead of elaborate pies and puddings; and if the men of the household would learn to enjoy the simpler dessert, it would make very largely for simple living, for economy and for more wholesome food.

Canning in Tin at Home

By Ida Margaret Bailey

WE live in the country, literally ten miles from a lemon. It is very different from a city flat where one can live from hand to mouth. Here a well-stocked cellar and pantry is a heavenly refuge, especially in winter when snow and storm maroon us indoors, often for weeks, or when unexpected company troops in hungry as hungry human beings can be after a day's drive or hunt. At such times there is no telephone and nearby caterer to call upon to rescue from larder deficiencies. We have to be prepared with the stores and munitions of daily life.

When we started to rejuvenate this abandoned farm, five years ago, I had to learn both farming and housekeeping. As in the good old days of our grandmothers I stored away apples, potatoes, onions, squash and pumpkins, dried herbs for turkey stuffing and sausage, shelled popcorn for long winter evenings, peanuts for nut-butter and the children, peas and beans of various kinds, jellies, jams, pickles and preserves of every sort and size of growing thing in garden and orchard.

I had much to learn in the art of preserving, and, as a rule, the results were

satisfying, for I learned readily and with pleasure how to deal with all the perishable beauties of the summer earth—all except the vegetables. Oh, the ability vegetables had to build fear and anxiety in me——! I never passed the store-room without turning an ear for that ominous singing sound of some imprisoned spirit calling to be set free. Beans, peas, corn, beets, okra, and even the gentle hearted tomato proved uncertain, rebellious, and vexatious.

Though the results of my vegetable canning were natural, they were also sad-denning, for time and material on a farm are too precious to throw away. So I resolved to abandon "the good old methods." Having no one's personal experience to guide me, I began to study advertisements and catalogues for some means to gain the great end—a well-stocked larder. And, at last, I found, in a farm journal, the advertisement of a home-canner and bought it. Now we are enjoying the vegetables as well as the fruit of our labor. In half an hour, armed with my trusty can-opener, I can serve a princely feast, helped out by oysters from the creek, and eggs and milk and cream and butter. And, oh,

what a difference in the bills! When I first opened the crate of the canner, I felt cheated and wished my five dollars safe home again. I had expected some complicated machine, with wheels and cogs and those cute holes you see men pouring much oil in from polished copper oilers,—something in fact to tax my intellect and give off a busy whirr. It was simply a galvanized iron tank, fitted with an inside rack full of holes on the sides and slits on the bottom to allow free circulation of water in, around, about and above the twenty-four cans it was designed to hold. This rack had two handles, which slipped over two hooks inside the outside tank, suspending it a few inches from the bottom. I also received for my five dollars a soldering iron, a little stove for heating it, solder, soldering fluid, brush, tongs to lift out the cans, and, most important of all, the book of instructions. The elaborate directions for dealing with every different fruit and vegetable I followed the first year with the blind faith of a Mohammedan in the printed word. Now I have discarded them, learning from experience to make my own time table and prepare the material to be canned to my own liking and convenience.

The tin cans, two and three pound packer cans, were not included. I bought these from the nearest canning factory, to lessen freight charges. I selected solder-hemmed caps at a trifling extra cost, which greatly aids in the work. And by the time these arrived my good man had had a long table, low and easy to get at from a chair, built under our oaks, and a small brick stove just fitted for the canner, and I was ready to compete with the largest cannery in the country.

Blackberries came first in my adventures with the canner, happily, as they were simple to can. I merely washed them carefully, packed them cold in the small cans, adding a tablespoonful of sugar to the can, which I placed in the inner rack as filled. Next I dried each

can carefully, as solder will not stick to dirt or moisture, placed the caps on, and swabbed the solder hem, with the soldering fluid on a brush. (I now make my own soldering fluid, or flux, out of sulphuric acid and as many zinc chips as it will eat up.)

When I took the next step of applying the soldering iron, my troubles began, and the only real work appeared. In spite of every effort and much fuming, I could not make the solder flow around the little caps as smooth and neatly as you see it on the cans at the store. They roughened up like ice in a floe, and sprung aleak, and took more time than all the rest of the process. And the family stood around and gave sympathy and suggestions, although on cross examination not one of them had ever seen solder flow or even handled an iron. At last I placed the rack in the tank of furiously boiling water, slipping the loops over the hooks so that the water came within two inches of the top. In five minutes the juice started from the vent holes and out came the rack to be wiped off, brushed with acid, and closed with a drop of solder from the bar. The overflowing from the vent holes showed the air was expelled. When I replaced the rack in the tank, I let it down so that the cans were entirely covered by the boiling water. Immediately some of the cans sent up little bubbles as signals of distress, and I knew that there were leaks. After fishing these cans out and trying to repair the leaks, I set them back and, in five minutes more, the berries were done and set out to cool on the ground with the ends bulging. In cooling they contracted to normal flatness, and they were all ready for winter, excepting, as I found later, those which had leaked.

The first step described in boiling with the tops above the water, is called exhausting. This should be done with all vegetables and most all fruits, in order to exhaust all air thoroughly, to insure their keeping. Though I have success-

fully canned berries, apples and tomatoes by soldering the vent hole when I put the cap on, without first exhausting the air according to some directions, still, in theory and to be on the safe side, it may be better to drive out any air lurking in the cans. I do not run any risks, but invariably exhaust all varieties of fruit and vegetables.

The second step, that of cooking, is called "Processing," and by it, the fruit is rendered soft and edible. Besides, you may be sure that all germs and spores are killed by the boiling heat. The time of exhausting varies for different kinds of material put up, ranging from five minutes to five hours.

I struggled along with the rough and unkempt caps, which I seemed ever unable to solder down in the workmanlike manner that I wanted them to show. This ragged and rough appearance of my good garden truck was a thorn in the flesh, until one day a friend happened along and put me right. And it was such a little thing that the directions, as they often do, omitted to tell about. It seems that soldering irons must have the tip silvered with a coating of solder or the prepared covers will not run smooth. You file the end of your iron on three sides and anoint it with the acid and take a rub on the bar of solder, and with this re-silvered tip the cans can be silvered like magic.

After that it was not only easy but great fun to hold the cover cap tight, with a sharpened stick thrust through the vent hole, and run the silver tipped iron, heated to the right temperature, along the cap in an unbroken line and without a leak. The only cans I lost out of my first five hundred were those unevenly soldered, which had slow leaks not to be detected in the boiling water, or those I had tried to resolder,—not over a dozen in all.

I now have a goodly supply of all kinds of fruit and every variety of vegetable for our winter wants; and no emergency in winter ever appals me.

The following table is one that serves me infallibly. You can get from it a general idea of the time it takes to put up various canned goods. Only, of course, old peas and stringy beans cannot be made as good as young, tender ones, even by long boiling.

	Should be Exhausted	Processed
Corn	10 minutes	6 hours
Peas	10 "	4 "
Lima Beans	10 "	3 "
String Beans	5 "	3 "
Okra	5 "	30 minutes
Beets	5 "	1 hour
Pumpkin and Squash	10 "	5 hours
Tomatoes	5 "	30 minutes
Apples	5 "	30 "
Peaches	5 "	20 "
Cherries	5 "	20 "
Berries	5 "	15 "
Plums	5 "	15 "
Grapes	5 "	15 "
Pears	5 "	30 "

Tomatoes are far better done with this canner than by the methods that keep one over a hot stove for half a day. They process only thirty minutes, and retain their bright color and shape in a way that makes one revolt at the shapeless mass that results from the old way.

Okra I had never been able to keep in glass jars, but in tins it is always sure and as good as fresh. Like beans, it must be blanched before packing in cans. This is done, after cutting into inch-pieces and discarding the stems, by placing in a muslin bag and hanging in boiling water for five minutes. This renders it a bright green and washes off all dirt and slime adhering to it.

No preservatives are necessary. Salt and sugar, even, are not needed, though I usually add them to promote the flavor.

If the soldering is faulty, and practice will perfect that, the cans bulge at the ends as a warning of the fermentation, and they should be thrown out lest they burst like a frozen water pipe and scatter their contents over your store room. The good cans will yield to a firm pressure of the fingers, leaving a slight dent, showing that there is a vacuum inside, caused by shrinkage of the fruit as it cooled,

and anything will keep in a vacuum.

Like any other cans of fruit your own home-made cans must be emptied of their contents at once upon opening, for all the prejudice against tinned garden produce arises from either one of two facts. Either the user has been careless about emptying the can, and the acid, formed by the action of the air on the inside coatings of the can, results in distress, or the use of poorly sorted material has made the use of preservatives needful, and the work has not been done thoroughly.

I buy beautifully colored labels for my cans, and print my own name on them with indelible ink. My shelves, filled with these gay cans, look quite like a store, and so very workmanlike that my pride rises within me, though I can never look like a successful man in a canning business. But I don't care.

Having so much surplus stuff on our fruit and truck farm, I usually can a great deal more than we can use, but I have looked up a market among my friends and acquaintances in town. This gives me a profit in money besides the intense satisfaction I take

in my own store room. For instance, pears, which we could not sell in town at the height of the season for more than thirty cents a bushel, I put up slightly sweetened and sell for three dollars a dozen cans in the winter,—the cans costing about two cents apiece. The profit is large on a small scale, but decreases when larger and larger quantities are put up, thus requiring hired, unskilled, and careless labor, and fruit at any price. So, inversely, the saving is great when the housewife can procure cheap fruits and vegetables from the farms or markets near her home, or her own garden at the height of the season.

If you want your own fruit or vegetables, this home canning in tin will give them to you at less cost of time, and strength, and money than the old way of using glass. Then, too, it is great fun, and all the family can help, having a sort of a picnic out in one's own yard under the trees. But remember, keep the water boiling furiously, and have your soldering iron filed down to the bright copper on three sides and trimmed so that the caps can be fastened without leaks, and *smooth!*

All Hallowe'en

By Lalia Mitchell

All Hallowe'en, and dark and green
The nodding pine trees sigh.
While pool and spring make bold to fling
Back star for star in mirroring
The over-sea of sky.
A vagrant breeze, through bending trees
Tells mystic tales and trite,
Since all must know, for weal or woe,
The witches fly tonight.

All Hallowe'en, and safe between
Gnarled boughs, a maiden trips,
Love lights her heart, but fears upstart
And dread of weird cabola art
Has hushed her laughing lips.
Shall Fate be kind, or will she find
But added cause for fright.
As mystic lore, she murmurs o'er
When witches fly tonight.

All Hallowe'en, and love were mean
To flout a maiden's prayer,
She bends to look in babbling brook
That dances past their trysting nook,
And lo, his face is there.
And fair shall be, o'er mead and lea
Their homeward path of light,
'Neath stars that know, for weal not woe
The witches fly tonight.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

House Cleaning According to Dame Nature

NATURE'S great cleansers are sunshine, water, ice and wind.

Nature does not mop up the earth with a damp cloth and soapy water and expect it to be clean. She sends floods of water, until the whole world is drenched.

This destroys many germs and insects, and drives the remaining ones into holes in the ground; from which rain never permits them to come out in great numbers to infest the dwelling-places of man and beast.

But when men build houses they furnish refuge for the most dangerous of these parasites. Fleas, bugs and roaches are some of the insect kingdom, which are protected by houses, and many vegetable diseases live only in damp, sheltered places.

When nature has flooded the earth, she proceeds straightway to dry it off with sunshine. She almost kills her beloved flowers and plants in her efforts to kill the diseased plants, which are the worst enemies of her plants.

But here again the house opposes her. The walls and cracks and crevices of the house, its furniture and bedding, have had no flooding with water. They are a little unclean at the best. Enough dampness has entered from the outside to cause disease germs to grow. And here these tiny atoms live—too small to be seen, yet large enough to flourish in soil which to us is imperceptible. The

dampness nourishes them, and the sunshine cannot get in to dry out this moisture.

In winter nature freezes everything she has caused to grow in spring and summer, and reduces both friendly and unfriendly growths to a torpid state. Seeds remain dormant, but under her methods of cleaning the unfriendly growths will not make sufficient headway during the following season to become a menace.

But her plan is again thwarted in the home. The warmed house preserves the lives of many germs and insects, which otherwise could not multiply in dangerous numbers. Those people are most liable to disorder who live much indoors, where these germs and insects are domiciled.

Nature with her winds blows away all the impurities that have not been destroyed by water, ice and sunshine, but man closes the house against fresh air and wind, and so fosters his worst enemies.

If we could co-operate with nature, instead of opposing her efforts, we might in time drive out all diseases.

The time will come, no doubt, when the style of house building will be entirely changed. Roofs will be removable, walls will be reversible, interiors will be waterproof, and furniture indestructible.

But until that day comes we may help nature in a campaign for health by washing our walls, floors and ceilings, at least once a year, by renewing mattresses.

cleaning and drying blankets and bedding, and so thoroughly sunning and airing the entire house and its contents, on pleasant days, that dangerous germs will not linger long, if they once gain admittance.

S.A.S.

* * *

Books in the Home

ASIDE from the direct influence of the father and mother, books are undoubtedly the most important factor in giving character to the home, in molding the child's thought and determining his habits and attitude toward life. This is true, of course, only in those homes where the value of books is recognized and reading is provided for.

My mother was a busy woman, occupied with the cares of farm life and the rearing of a large family, so that she had little leisure for recreation or self-culture. I have often heard her say that during those strenuous years she kept her mind alert and her interest alive in the world at large, because my father read aloud to her every evening. He rarely read to himself, but shared whatever he found of interest in newspaper or magazine.

This gave a certain literary atmosphere to the home and the first question to be asked father, when he returned from the city, was not whether he had brought us children some candy, but "Was there any mail?" The letters from relatives or friends were read aloud and enjoyed by all, and the children waited eagerly for their turn at looking over the pictures in the magazines. A book was the finest present we could imagine, at Christmas time or on a birthday, and the shelf in the sitting-room gradually grew into a book-case that, in time, stretched across one side of the room.

Most children love to read, but they are too apt to curl up in a chair by themselves or take the story to bed with them. By reading together, the best in the book was brought to our attention and we were taught to be sociable, with our

favorite authors, to make friends of them and to share little bits aloud when we found something that would please father or mother. The dictionary was not a neglected book, and the habit of referring to it was a valuable one as we found when we entered school.

Later in life we were ready to turn to books for recreation and for inspiration as one of the strong influences in character-building. One of the boys became a rancher and, for twelve years before he married, lived in the wilds in a little cabin by himself. Yet all this time he took a paper and magazine and sent for an occasional book by mail, though the Post Office was thirty miles distant. In this way he kept in touch with his old life and somewhat aloof from the coarser influences of the rough country where his work took him.

It is a sure, strong influence—this love of good reading; and to this day, when I go home for a visit or when we have a family reunion, one of the first requests after the greetings are over is, "read something to us," or "now grandma will read us a story."

Since the Rural Free Delivery now comes to the country home, the facilities for reading and letter-writing are much greater than twenty years ago, yet the homes where these habits are cultivated are fewer than when I was a child. There are greater distractions, and attractions, it is true, but one reason that reading together is so neglected, is because parents do not recognize the value of this custom in the home and the opportunity it presents for permanent influence.

In the home where there is no piano, and music is lacking, reading aloud will often serve one of its purposes—that of uniting the family in enjoyment and in sympathy with the best thought of the day.

Changing Pictures

Do you ever change your pictures? To get the greatest inspiration from them

you should shift them from one wall to another, so that they will arrest the attention anew. As one's taste grows the cheaper cromos should be replaced for Copley prints, photographs and real paintings. A gift from an artist friend put all my other pictures to shame and made me realize that I had developed and that my walls did not reflect my real feeling for the beautiful. I rearranged all the pictures and framed some really good things that had been given me by friends returning from abroad, but which I had lain carefully away until I could afford to frame them. Some of these I found could be put into frames which adorned very inferior material.

The pictures of every home should be gone over once a year as thoroughly as the bedding or the personal wardrobe. Call in an artistic friend and ask her to rehang all your pictures and you will be surprised to find what an inspiration the old faces and familiar landscapes will be to you when they salute you from an unexpected point of view. Those which you have really outgrown, but have not had the courage to discard, your friend will send to a Mission or a home where they will serve for a time as they did in your home. Pictures are a constant inspiration and should be given some thoughtful attention, if they are to serve their greatest usefulness.

F. H.

* * *

Fatal Spirit of Rivalry

WHY is it that when people belong to a club that meets at the members' houses, they are apt to cause ill-feeling—even to bring the whole thing to an untimely end—by trying to outdo each other in the matter of food? I have known three such cases lately and it seems such a pity.

Early last winter my sixteen-year-old niece was asked to join a skating club of boys and girls. They were to go skating every Saturday evening, on the ice if possible, if not, at the rink, and then go to somebody's house for some-

thing to eat. It was stipulated that these refreshments should be extremely simple, but no more definite limit was imposed. For a time all went well. The young people were treated to cocoa and sandwiches, or to oyster stew and crackers, and seemed to enjoy themselves thoroughly. Then came a night when the hostess set before them chicken salad, ice cream, cake and coffee. "Regular party food," one girl said scornfully. The next day the rest of the girls remonstrated with the hostess of the night before for breaking through the rule of simplicity which the others had kept so literally. She replied somewhat sharply that she considered her spread simple enough, and, anyway, she didn't see why she couldn't have what she chose in her own house. Several of her friends took her side, and cordial relations have not been resumed among that group of girls.

Grown-ups are just as bad, however. About a year ago five young matrons agreed to meet every two weeks to have lunch and sew afterward. As they were all in moderate circumstances and service was a serious problem, it was decided that the lunch should consist of two courses, a substantial one and a dessert. The first meeting was at my house and I gave them cold meat, vegetable salad, hot rolls and coffee, followed by fruit and cake. The next two or three times the menus were on the same scale. Then the hostess served grapefruit before her solid course. When we found fault with it, she said she didn't suppose a little thing like grapefruit would count. The charm was broken. A spirit of rivalry had crept in. The next innovation was coffee served in the parlor. Then gradually it became customary to have tea with sandwiches and cake just before we went home in the afternoon. Thus the club became a burden to the hostess. Its final knell was rung when a member tried to see how elaborate a meal she could serve and yet keep within the letter of the law. We began with

caviare sandwiches in the sitting-room. The luncheon table was studded with fancy dishes containing nuts, olives, chocolates, bonbons and fancy figs. The first course consisted of broiled chicken, asparagus, rice croquettes and cucumber mayonnaise. This was followed by ice cream in shapes and fancy cakes from the caterers. Soon after two members resigned, saying that they could not keep up such a pace, and so our little club passed out of existence. I was sorry, as it was a centre for the exchange of patterns and recipes, and for the discussion of minor household economies. It had always been helpful as well as enjoyable.

It may be a comfort to some of us to know that women are not the only offenders in this respect. A group of men, graduates of the same college, had been in the habit of meeting at each others' houses once a month for what they called a "beernight." They were

all young professional men without much money, and the eatables at their meetings were invariably unassuming. A rarebit or hot Frankfurters or crackers and cheese with beer made up the usual menu. There came to town an alumnus of the same college. He was older and richer than the rest, but as he had belonged to the same "frat" as two members of this coterie, he was asked to join it. He went to several meetings and knew perfectly what the standard was. Then he asked the men to his house and gave them a supper, beginning with raw oysters, continuing with squab and ending up with rum punch and expensive cigars. That was more than six months ago, and the club has not met since. Of course there is still a possibility that the "beernights" may be revived sometime in the future, but it looks very much as if another pleasant club had perished on account of over-elaborate eatables.

W. B. W.

Library List

By Laura R. Talbot

THE same old thing, a book game," you say. Yes, but this was different as they not only guessed the titles of the books, but the author's name too, and this list also had a *Supplement*. Two young ladies were hostesses; one was attired in *Lavendar and Old Lace*, and the other had *A Bow of Orange Ribbon* in her hair. *Little Lord Fauntleroy* attended the door. A fish dinner was served, for you know "fish is good for the brain." The door to the dining room represented a book cover—

these, they went to the nearby home of the other hostess where tableaux and charades furnished the *Supplement*. At the close of the evening, punch was served from *The Little Brown Jug At Kildare*.

On the Cards

1. Picture of a woman.
2. Picture of bridge—load of hay at one end, auto at other end.
3. 6 P. M. Dec 30, 1889—6 A. M. Dec. 31, 1889.
4. "Sat on her seven hills and from her throne of beauty ruled the world."
5. Picture of a man killing a deer.
6. Picture of Carnegie.
7. The marriage of Consuelo Vanderbilt and Duke of Marlborough.
8. Picture of a man on a desert isle.
9. Advertisement (without the words)

HE THAT EATETH BREAD WITH ME
By
H. A. MITCHELL KEAYS.

The illustrated cards were scattered throughout three rooms; after guessing

of *bittersweets*.

10. Picture of maid waiting on table.
11. Americans, Germans, French, Chinese, Indians.
12. Picture of interior of Buckingham Palace.
13. Noon, March 16th.
14. Picture of a forlorn looking tramp.
15. The word *Arithmetic* in red letters.
16. A very small figure 2.
17. Picture of man smoking—girls faces seen in the smoke.
18. A poster done in black and white.
19. Picture of rows of hollyhocks in bloom.
20. Picture of window with open shutters.

Answers

1. She—H. Rider Haggard.
2. The Right of Way—Gilbert Parker.
3. A Knight (night) of the Nineteenth Century—E. P. Roe.
4. The Eternal City (Rome)—Hall Caine.
5. The Deerslayer—J. Fenimore Cooper.
6. A Certain Rich Man—Wm. Allen White.
7. Romance of Two Worlds—Marie Corelli.
8. Far From the Madding Crowd—Thos. Hardy.
9. Bittersweet—J. G. Holland.
10. The Servant in the House—Chas. Rann Kennedy.
11. The Five Nations—Rudyard Kipling.
12. In the Palace of the King—F. Marion Crawford.
13. Middlemarch—George Eliot.
14. Without a Home—E. P. Roe.
15. A Study in Scarlet—A. Conan Doyle.
16. We (wee) Two—Edna Lyall.
17. Reveries of a Bachelor—D. G. Mitchell.
18. In Black and White—Rudyard

Kipling.

19. Rose (rows) in Bloom—Louisa M. Alcott.
20. The Opened Shutters—Clara Louise Burnham.

SUPPLEMENT

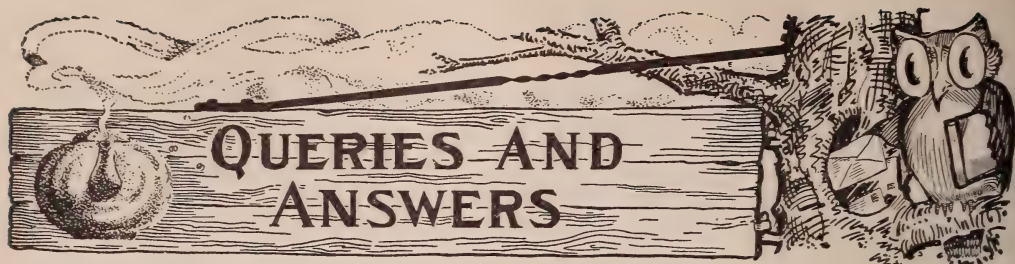
Tableaux and Charades

1. Small girl crying.
2. Man mending a very ragged sock, others strewn on floor.
3. Pretty girl admiring herself in mirror.
4. Pile of silver money.
5. Man on floor, covered with two flags.
6. Quartet singing (out of view).
7. Several bricks.
8. Man carrying a suitcase marked Indianapolis.
9. A young girl dressed in an old-fashioned costume.
10. Group holding hands to form circle.
11. A red-headed boy.
12. Woman mending hole-y garment,—clock on wall points to midnight.

Answers

1. The Crisis (cry sis)—Winston Churchill.
2. When a Man's Single—Jas. M. Barrie.
3. Vanity Fair—W. M. Thackeray.
4. Hard Cash—Chas. Reade.
5. Under Two Flags—Ouida.
6. The Choir Invisible—Jas. Lane Allen.
7. Bricks Without Straw—A. W. Tourgee.
8. The Gentleman from Indiana—Booth Tarkington.
9. An Old-Fashioned Girl—Louisa M. Alcott.
10. The Circle—Katherine Cecil Thurston.
11. Red-Head—John Uri Lloyd.
12. It's Never Too Late To Mend—Chas. Reade.





THIS department is for the benefit and free use of our subscriber. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1752.—“Recipe for ten brick-loaf pans of bread and an inexpensive cake that will serve twenty-five people.”

3 quarts of liquid	$\frac{3}{4}$ a cup of shorten-
2 cakes of compressed yeast	ing
$\frac{1}{2}$ a cup of liquid	$1\frac{1}{2}$ tablespoonfuls of salt
$\frac{1}{2}$ a cup of sugar	About 9 quarts of flour

Ten Loaves of Bread

Soften the yeast in the half cup of liquid, mix thoroughly and stir into the rest of the liquid in which the shortening has been dissolved. The liquid must be at a lukewarm temperature when the yeast is added to it. Add the sugar and salt and stir in the flour to make a dough that can be kneaded. Knead the dough until it is smooth and elastic. Cover and set aside to become double in bulk. Mixed at about nine o'clock at night it will be ready to shape into loaves about six o'clock in the morning. After the loaves are shaped, let stand again to double nearly in bulk. Bake about one hour. If the dough be kept at about 68 or 70 degrees Fahr. two or three hours after it is first mixed, the temperature may be lowered thereafter without injury to the bread.

Roxbury Cake

$\frac{1}{2}$ a cup of butter	1 teaspoonful of cloves
1 cup of sugar	Grating of nutmeg
1 cup of molasses	2 teaspoonfuls of soda
1 cup of sour milk	4 whites of eggs
4 yolks of eggs	1 cup of currants or nut meats
3 cups of sifted flour	
2 teaspoonfuls of cinnamon	

Prepare in the usual manner, sifting the soda and spices into the flour and then sifting the whole together. The recipe makes three dozen small cakes.

1 cup of butter	3 rounding teaspoon-
2 cups of sugar	fuls of baking
1 cup of milk	powder
3 yolks of eggs	3 whites of eggs,
4 cups of sifted flour	beaten dry
	1 cup of chopped nuts

Plain Cake

Bake the cake in a dripping pan. Before baking sprinkle the top with the chopped nuts and dredge with granulated sugar.

QUERY 1753.—“Recipe for Cinnamon Buns.”

Cinnamon Buns

Prepare the mixture given in the Seasonable Recipes under the name of Swedish Tea Ring. When the dough is light, roll into a rectangular sheet—less than half an inch in thickness; spread the surface with butter, sprinkle on half a cup or more of dried currants and dredge with a tablespoonful or more of ground cinnamon mixed with one-fourth a cup of sugar, roll the dough in the same manner as a jelly roll; cut into pieces about an inch and a quarter in length and set these, end upwards, close together, in a buttered baking dish. When light brush over with a yolk of egg, beaten and diluted with two or three tablespoonfuls of milk, and bake about twenty-five minutes.

Menu for a Thanksgiving Dinner



"The ornaments of a house are the friends that frequent it."

Clam Broth with Cream, Bread Sticks
(Three at each plate tied with orange and red ribbon)

Celery. Olives. Salted Butternuts
Boiled Fresh Codfish. Potato Balls
with Parsley

Hot House Cucumbers
(French Dressing with Chili Sauce and onion juice)

Young Hen Turkey, Roasted, Sausage
Dressing

Cranberry Jelly. Cider Apple Sauce
Giblet Sauce. Yams en Casserole
(with maple syrup and butter)

Mashed Turnips

Cauliflower, Hollandaise Sauce

Sweet Cider, Frappé

Braised Ham in Aspic Jelly
(with dressed lettuce and tiny string beans)

Pumpkin Pie. Apple Tarts with Meringue

Ginger Ice Cream or

Vanilla Ice Cream with

Preserved Ginger

Edam Cheese. Browned Crackers

Coffee

Apples. Pears. Grapes



WITH HER PETS

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Raising Turkeys for Thanksgiving

By a Woman

THE turkey has long been crowned king of the Thanksgiving feast. He was elected to the position many years ago, for the sake of his many good qualities; but at that time, turkeys were more plentiful and less expensive than they are today.

During recent years, there has been a regrettable scarcity of this bird, and epicureans have looked forward mournfully to the time when our favorite fowl should become extinct, like the dodo. Questions as to why turkeys are so scarce in the market have brought explanations to the effect that the young chicks are very hard to raise and that few growers are willing to even attempt them.

In the midst of such statements, it is pleasant to record the success of one woman in raising young turkeys. Where poultrymen have failed repeatedly she seems to have surmounted the difficulty.

Moreover, this woman does the work in spare hours, besides attending to household duties. She has been in

the business for four years, taking it up first as an excuse for much open-air living, as ordered by her physician, who suggested that she cultivate flowers or vegetables. She has always been fond of pets, liking to handle live creatures; she knew of the scarcity of this kind of poultry, so she decided to take up the work of growing turkeys. Her health has been much improved, and she has apparently removed the difficulties from the business of turkey-raising.

She had, at first, but little knowledge of her subject, but she studied it carefully. Comparison of different breeds ended in her choice of the Mammoth Bronze, which is doubtless our finest variety. Knowledge of the needs and habits of young turkeys came by degrees, learned in the school of experience. Classing turkeys in with ducks and geese, she located her first coops in low, marshy land, only to find her young stock growing listless and making poor growth. After a few of them had died, she tried the experiment of removing the coops to high land, well



A TYPICAL GROUP

drained and gravelly. There the flock showed such decided and immediate improvement that she could not fail to understand how hurtful dampness is to young turkeys and could govern her course accordingly. It is probable that many of the failures that have discouraged breeders resulted from this same simple cause, which they failed to note at the beginning.

Other points have been gleaned in the same manner, by personal observation, which always gives the truest type of knowledge. She has learned that turkeys and chickens should never occupy the same ground, but should be kept entirely separate, allowing the turkeys to run upon a wide, free range of their own.

If the breeding stock is not well matured, or if it is not in good healthy condition, the young chicks will lack vitality. For this reason, new turkeys that are not related must be bought and added to the flock each year, so as to cross the strain and prevent interbreeding. In order to guard against mistakes and possible purchase of nearly related stock, it is best for a breeder to keep careful account of each

turkey's pedigree.

The hard work on a turkey farm begins with the breeding season, early in April. Yearling hen turkeys lay perhaps a month earlier, but eggs from these immature mothers are not usually set, and two-year-old birds rarely begin to lay before April. During this breeding season, a little lime water is excellent for the birds. They drink a great deal of water, and the addition of a little lime gives material for egg shells, which in the case of a turkey egg are quite strong and thick, as is needed to contain the weight of an egg so large and heavy.

In order to keep the hen turkeys laying well, it is necessary to remove the eggs each day from the nests, and to set these eggs under hens as fast as a sitting is gathered. If an old turkey hides her nest away, she will seldom lay more than a dozen eggs before beginning to sit, and she is then of no more use for that season. If her eggs are taken away each day, and if she is shut up for a few days when broody, she will lay from thirty to forty eggs, and can then be allowed to sit about the middle of June. She makes an excellent mother, and is as

easily managed as a sitting hen would be. She can easily cover thirteen of her own large eggs, but if a hen is used to hatch them she must not be set on more than seven, unless in very warm weather.

The nest should be made in a good roomy box, with a layer of sulphur or one of wood ashes under the straw, in which a nest is hollowed out, round and rather deep, so as to keep the eggs from rolling out from under the hen and becoming chilled. As the poults begin to hatch, part of the straw should be taken out, making the nest shallower and more roomy, so that the mother will not step upon the baby chicks. If they are taken away from her as soon as hatched, she can give better care to those still in the egg, and the whole brood can be given to her when all are hatched.

They should be put into a box-shaped house, having a tight roof and a tight board floor, to guard against dampness. To this box is attached a run several feet long, covered with wire screening. Box and run should be moved to a new place every day, so as to give the poults the advantages of fresh grass to eat and a clean dry location. Provision



SHOWING OFF

must be made for ventilating the box, as turkeys require an unlimited supply of fresh air, and will perish if kept closed in without it even for a short time.

In addition to moving the runs, the little turkeys should be let out to range freely for about two hours of every afternoon that is not rainy. From two to four o'clock is the best time, as a later period permits the dews to gather. They have to be watched pretty closely during their rambles, for they have many enemies in stray dogs, prowling cats, and the fierce, wild hawks of the air.

The young turkeys are helpless, harmless little creatures, striped and speckled in tones of brown, like a partridge. When danger arises, their instinct is to cower flat against the ground, in the shelter of some rock, stump, or bush if possible. They are not at all timid, but very trustful and intelligent. Fear would have to be taught to them by unkind treatment. For this reason, they are more easily handled than chickens, and can be picked up at will, or driven gently in a flock from one place to another, without being in the least frightened. They seem to accept human care as



WHICH IS MORE PLEASED?

a manifestation of human regard and interest.

It is well worth while to keep a flock of turkeys tame and gentle, which is their natural disposition. This makes an easy matter of setting the turkey hens upon eggs, or sprinkling their plumage with powdered sulphur to ward off vermin, as should be done immediately after hatching, for lice are as harmful to the young poults as dampness.

The proper food for the newly-hatched poults is a kind of salad made by chopping up lettuce leaves and hard-boiled eggs very fine together, and sprinkling with red pepper. For the first three days, they should eat nothing else, but should have all the fresh water that they can drink. Afterward, they may learn to eat stale bread moistened in milk and then wrung out dry between the fingers. They should have chopped lettuce, dandelions, and other green food, at least three times a day; for their na-

tural appetite is abnormal, and in a state of health they eat all the time. A good feed of ground green bone should be served to them three times a week; this helps to take the place of the hordes of insects which they would devour, if they lived in a wild state. Some ground grain is given to them gradually, but no cracked corn until they are three months old, as it injures their digestion. Green food in great abundance is necessary to keep them in good health.

Illnesses are easily treated if the birds are tame. When one of the young poults begins to droop, put him upon a rigid diet of green food alone, and he soon recovers. It is well to give him two grains of bromide of potash in milk as soon as you observe his listlessness. The chicks are sometimes subject to a common cold in the head, and for this trifling ailment the best cure is by spraying the noses of those affected with kerosene, used in the ordinary atomizer. This also disin-



RAMBLING AFIELD

fects the bird, so that the trouble will not go through the whole flock.

There are two very critical periods in the life of a young turkey. These occur about the sixth week and about the tenth, when the red comb and wattles appear upon the head. It is well at these times to cut off the grain ration, and give only chopped green food, with an increased allowance of the ground green bone, until the birds are safely through this doubtful season. A turkey that is three months old has

finished "shooting the red," as it is technically called, and is practically as hardy as a chicken of the same age.

It may seem that there is much hard work in turkey-raising, but there is also a fair share of profit. Anybody who is willing to make a study of the needs and habits of the turkey can realize a profit from the business, if he will but persist in his effort, not deterred by the discouragements which await us all in our new business ventures.

Thanksgiving Day in the Morning

By Mrs. Charles Norman

YOUNG Mr. Richard Blank and his family dog were going hunting and to that end had risen at 4 A. M. An hour earlier a faithful old negro servant had left her bed to make ready a good breakfast, and to this breakfast the young man had done full justice.

"Taint no uze to go out lookin' for sport with your stomic empty," said the black woman, "y' better have another biscuit. I dun cooked a pan fu' and they'll be stone cold fo' any body elsen's up."

Richard had already had enough, but the biscuit was small and light, and "one more" always seemed an easy way of complimenting the cook; so he took another to satisfy Susan Ann.

The negro smiled and said "Takes a plenty of vituals when y' start out trampin'. Better take 'nother strip this bacon ... Well, if yo' won't hab nuthin' mo', I'll be gwine to the kitchen. I hopes yo'll have a good time Mr. Dick and not kill a single thing."

Susan Ann shuffled off to the kitchen, her face beaming at this parting pleasantry; and Richard smiled as he picked up his gun, took a look at the shells and called his dog.

It was Thanksgiving morning and very thankful he was of an opportunity to

tramp abroad for a few hours in his favorite pastime of "quail" shooting. There was nothing quite so pleasant as hunting the little Bob Whites. In the first place they were sure to be found—quite likely in sufficient numbers to make things lively. It was something not to have to go to Africa to do his hunting, for Richard seldom had more than a half day. Then the dog enjoyed the pursuit, and dog and man were close companions in the game—a point which was important in this case, for the young man loved every well-bred dog, and as for Solomon—he was the apple of his master's eye.

The dog had had a good breakfast, also, and he knew very well what was meant by this early rising and taking the gun. His eyes showed delight, his ears were already pricked with anticipation and his tail was in an ecstasy. For Solomon's sake—if for no other reason—Richard would have been glad of the outing.

A long ride by trolley was followed by a long walk. The morning was just cold enough to give relish to the expedition. The travelers had gone some distance, but had not yet reached the grounds to which they usually resorted, when suddenly a whole covey of quail—two or three dozen—darted across the

road, immediately in front of them, passing, in good order, under the fence and into an old field.

Richard was not in the habit of trespassing upon strange territory and in this locality it was contrary to law to shoot upon any man's ground without his consent; but he was feeling especially eager to discharge that gun, and almost without knowing what he did he started toward the quail and gave Solomon the word to go forward. Both were in the field, in no time, and then Solomon had flushed the birds and Richard had shot.

The next thing he knew there was a wild cry and two children appeared, as if by magic, in front of him and almost exactly in the place from which the bob whites had whirled into the air.

Two children and a frightful cry! Were they hurt? How many more youngsters might there be lying wounded in the grass? Whose children were they, and on whose property was he trespassing? These questions followed each other as he leaped over the ground to where they stood.

There they were, a boy of about nine years and a girl somewhat younger—the boy pale and silent, the girl also pale but crying violently.

"Are you hurt? Tell me, are you hurt?" said Richard in alarm, unable to distinguish between a cry of pain and one of fright.

The boy opened his lips as if to speak, but apparently could not. The girl for several minutes was not to be quieted and when at last the very kindly-disposed young man had subdued her fears, she sobbed:

"I thought my brother was killed."

At this rather amusing announcement, the boy's face did not relax. He was still pale and he gave the stranger a reproving glance which seemed to say:

"It is no fault of yours that I am not killed."

Richard felt rather uncomfortable at this silent rebuke. He was fond of children. He prided himself, also, on be-

ing an honest, law-abiding sportsman, and knowing he had no right in that field, he felt the force of the lad's unspokeen argument. It took a good deal of friendliness on his part to staunch the girl's flow of tears, to win one smile from the alarmed children, and to get from them the information that they lived at the top of the hill, that they had got up early without their parents knowing it, and had crept out to get a surprise for papa. They had picked a basket of walnuts, and were going to crack them and pick out the kernels for Father's birthday cake. This was their own farm. Nobody had a right to hunt here. What was the young man shooting?

"Quails," said Richard, not realizing the seriousness of the admission. "I saw them run across the road and—"

"Quails?" said the little girl, in new alarm, while her brother frowned and became silent—"You mean Bob Whites! Oh, I do hope you have not killed any! Oh, our pretty bob whites! I hope they are not wounded! Oh, they are wounded, they are killed!" cried the child as by sad mischance she discovered two bleeding birds.

If Richard had had a hard time at first, he had a worse one now in offering excuses. The little girl had picked up the dead birds and was trying to revive them. The sight of blood seemed to alarm her as much as the report of the gun, or else she was as inconsolable over the dead birds as over the thought that her brother had been killed. Her distress was very hard to witness. No less so, because it seemed foolish.

The boy set his lips firmly together, but not a sign of tears dimmed his eyes or interrupted his reasoning. He looked very hard at Mr. Richard Blank, and at length said severely:

"Why did you need to shoot bob whites? Can't you buy chickens at the stores? Aren't they good enough? Bob whites are too useful to shoot. I know they are, because my Father says so, and our government says so. We have a

whole book about that. Our government printed the book, at Washington. I wish you would read that book. We fed the bob whites last winter when the ground was covered with snow, and last summer sister and I found four nests and fifty-six eggs altogether. We like to watch the birds and we tried to teach them not to be afraid of getting hurt. They were our bob whites and *no one had a right to shoot them.*"

Richard was somewhat oppressed by this scolding so earnestly and eloquently delivered. He was a little annoyed, too, that there was this prolonged interruption to his morning pleasure, but the children were really not to be blamed, and being a rational person he had to admit as much. Besides he was a young man of the truest culture and as such he could not rid himself of a tender consideration for childhood.

"They are good birds—that is true," he said. "There are no better. But chickens are not so good to eat. Did you ever taste bob whites?"

That was the wrong thing to say. "No," answered the irate boy, "and I never will unless I am starving. People do not have to eat just what they like."

The little girl stopped crying only long enough to listen to her brother's brave speeches, then looking down at the dead birds in her hands, she resumed. And it was no blatant cry either, but pitiful.

Richard was quite hopeless, and he began to feel that it was he who, by rights, ought to have condolence. All his talk had availed nothing, and his patience brought no reward. "Well," said he, "I must go. I am very glad I did not hurt you and I am sorry you will not be friends with me. When I am gone you must not think me cruel. I enjoy being out of doors, just as you do. I like to hunt and so does my dog, and this is the first time in several months that we have had a chance to get out of the city."

The little girl dropped her handker-

chief and looked up at him with sympathy. The boy dropped his eyes and was quiet a moment, then he said:

"Sister, I don't believe he meant to be so bad. He was just desperate, because he had been shut up so long." He addressed no word to the stranger, who turned his head to hide a smile.

"Goodbye," said the little girl, timidly.

"Goodbye," answered Richard.

"Goodbye," called the boy with reserve.

Richard waved his hand and walked to the road. His enthusiasm was spent, for he turned his face toward home, followed by the disappointed dog.

.....
"Well, well!" said the old negro servant when the young hunter was admitted, "how's it hap'n yo come home empty handed? What yo' been shootin' at, 'at you couldn' hit?"

"Bob whites," said Richard, turning toward the stairs.

"Bob whites?" called Susan Ann, with a chuckle. "Them little creeters wus too much fur yo', wus they? Well, I tells you the truf, Mister Dick, yo' ort to be mighty thankful to the Lord, 'at you did'n hit 'em birds. It wud ha' bin a 'normous 'sponsibility on yo' head. I was raised up in the country with 'em bob whites and dey does hab a hard time, de Lord knows! They's foxes and snakes and hawks and skunks and mowin' machines and plenty of big things to take away de liberties of dem tiny creeters. An' Lord, but ain't dey little? It takes about a dozen to make a bite fur yo' and yo' ma and me."

Mr. Richard had already disappeared from sight, but Susan Ann continued her admonitions. "You ought to be rejoicin' this blessed Thanksgivin' 'at yo' didn' hit 'em. Tonight the Daddy bird will get up on a fence rail and whistle all the youngsters in, and I knows in my heart, it mus' console yo' to think de whole pancel of 'em will be dar, an' de family curcle all unbroken."

"Seein' Things"

By Helen Coale Crew

OUR old Mammy sat by the nursery fire with the baby on her lap. At times she told her prayers upon the worn brown beads upon her bosom, her lips moving gently; at times she crooned a tender lullaby as the child stirred softly in his sleep. The firelight flickered upon the beads and upon the little downy head, and lit up the wrinkled face bent thoughtfully above. Sometimes we who played about her so happily and uproarously paused in our games to watch her with curious gaze. There was, at times, a strange aloofness about her, and her eyes had the far-away look of one who saw sights beyond our vision.

We crept near. "What do you see, Mammy?" we asked. She gazed for a moment at the hot and eager little faces about her and then looked away—away.

"I mind me o' the flax fields of ould Ireland and the glint o' the sun on thim," she would say, or, "I'm thinkin' o' the little pool in the woods beyont our cabin, where the moonlight stepped on the water wid little dancin' feet;" or else perhaps, "'Tis the little sweet face o' me mother I see, how it looked when I left her, an' may God rest her soul!"

She crossed herself with reverent hand. We gathered about her knee, but she pushed us back gently lest we wake the baby. I held the fringe of her little plaid shawl in my fingers and wished I might see the things she saw. "What else do you see," we urged.

"There's the flax spread out in the sun to dry," she went on, one foot keeping up a drowsy measure upon the floor, "an' there's the big barn where we danced at night. 'Tis all lit up below, but dark above wid shadows, unless be chance the stars look in at the broken roof. An' there's Peter Lally playin' chunes on his fiddle. 'Tis the laughing eye he has in his head, and the ready word for every

one. And meself's there, too, in a fine white apron, the same that I spun and wove meself, wid a border on it of the little green shamrock leaves."

She paused to turn the baby, that the fire might not glow too warmly on his velvet cheek.

"Do you really see all those things right before your eyes?" we asked.

"What else would I be seein'?" she said simply.

We shut our eyes, rubbed them, opened them, stared intently, but saw nothing beyond the nursery walls, save where the window gave a view of the garden and orchard and the last great crimson feathers of the vanished sun. We held a whispered conclave. "Let's see if Sarah sees things," suggested one, and forthwith five stoutly shod pairs of small feet clattered hastily down the back stairway into the dark regions below. Mammy up there in the nursery had been known to see fairies; perhaps Sarah in the basement could see ghosts! This uncanny thought hastened our steps, and we fell headlong into the kitchen.

A huge old room it was, warm and dim, a place where all could sniff the sweet odors and a favored few could scrape the mixing bowl. Beside the stove an old-fashioned Dutch oven was built into the brick wall. Hal had tossed a lighted bunch of fire-crackers in there one Fourth o' July, and wrought havoc in a handsome batch of pies; and once, when we had opened it for purposes of investigation, a huge cat, gaunt with hunger, had jumped madly out and run amuck amongst us.

Sarah was getting supper. When she lifted a stove lid and looked into the ruddy depths of the fire, her round black face took on shining high lights and her broad nose cast a sinister shadow across one cheek. Little black Tilly stood at the table. She greased the muffin tins

and wiped the lard from her fingers upon her brief petticoat. Her innumerable little woolly braids stood up stiffly about her head, and her lips protruded in a broad pink pout. Sarah poured the batter into the tins and put them into the oven. She looked so different from Mammy as she stood there with her arms akimbo. Her glance was never far away, but always immediately present, and bent indulgently upon us, sharply upon Tilly. Was it worth while to ask her? Finally the boldest amongst us, nudged on to action, made the venture.

"Sarah, do you ever see things that aren't there?"

"Does you mean ghoses?" asked Sarah. Tilly's eyes rounded.

"Why, yes; or things you used to know. Mammy sees things away off in Ireland."

Sarah sat down and clamped the coffee grinder firmly between her knees, grinding deliberately. "Yas," she said, at last, slowly. "I kin. Whiles I sees one thing and whiles I sees another, but mos'y I sees myself whenst I war de purties' nigger gal in all o' Queen Anne County, wid a pink dress on an' a wreath o' roses on my haid."

The coffee was all ground, but Sarah went right on turning the handle. The little drawer with its fragrant contents slipped out and fell to the floor. Sarah paid no heed and we dared not speak. Her eyes became misty, and she gazed far away, over our heads.

"Yas, indeedy," she went on; "there was the big bonfire we uster build the night the corn was all gathered in an' de pumpkins piled on de barn flo'. Basil was a-cou'tin' me in those days. I couldn't take a step but what he was right thar at my elbow. I done danced till I clar wore my shoes through. An' how de harves' moon did shine! 'Twar as big—as big as that thar platter what Tilly broke dis mawnin'." Here she reached out to administer a belated justice, but Tilly ducked under the table. Sarah resumed her grinding and her

story.

"Yas, sir, dat moon mus' sho'ly a had a good polishin' befo' de Lord hung it up in de sky. You don't see any sech moon nowadays. No, sir! An' when I married this here Basil, come Christmas time, Mistress made me a weddin' cake ezzactly like white folkses. Yas, sir, I made a handsome bride, everybody say so."

The outer door opened and the coachman entered. He shook a powdery veil of snow from his coat, and hung up his cap upon a peg. His hair was as white as the snow he shook from his shoulders.

"Better git along wid yo' supper, Sarah," said Basil. "Marster's home."

Sarah descended rapidly to the immediate present and its claims, and we youngsters beat a hasty retreat. We went up to the hall and sat in a row upon the settee. What was this mysterious power which caused familiar walls to fade away and alien shapes to take their comfortable places? You could, of course, think of the schoolroom even while you sat here upon the settee, or of the Cathedral where Mammy took us to see the saints and the candles and cross ourselves with holy water. Or you could think back into last week, when you went into fractions, or into last summer, when you broke your arm sliding on the ice-house roof. But these views and experiences lacked color and faded quickly. They never crowded out the sunny, warm, vivid present, the *now* which one felt so insistently with all one's being.

Billy offered a demonstration. "See here," said he, "I'm thinking about the Christmas tree. Do I look queer and happy?"

"Aw, you're thinking of the one that's coming!" said Hal. It was, indeed, an anticipatory grin rather than the ethereal smile of reminiscence. There must be a trick about this business. Perhaps you rub your eyes a certain way and say "sally-mally-cally-bags," or some equally

potent incantation, below your breath. "Let's try Father and Mother," occurred to us all simultaneously. And just then the supper bell rang, and we trooped into the dining room and took our places.

The dining room was warm and bright. Over the open fire hung a picture of the Father of his Country, seated upon a white horse, and with right arm and sword extended straight out. You felt, between mouthfuls, that his arm must be very weary. You had tried the attitude yourself with Mother's yard-stick, and could barely maintain it a scant two minutes, counting fast at that. Confucius in his cage was sound asleep, head under wing; Tippu Tib rubbed against one's legs and purred comfortably, and Turk lay by the fire, his massive buff head and black nose resting upon his paws.

Mother poured the cambric tea and the coffee. Her eyes were bright and her cheeks warm. You would be surprised to see how many of us she could hold on her lap at once, for all she was so little, not much taller than Nelson. Father was much bigger. He filled our plates, and Tilly, in a clean apron, passed them. Presently a kick went around the table, ending with Bonnie. He was to ask. He choked on his tea promptly, and a long minute went by before he was ready.

"Mother, can you and Father see things that aren't right before your eyes?"

Mother looked puzzled.

"Can you see how you looked when you were courtin' each other?"

Mother gasped. Her lips parted but she said nothing. She gazed at the coffee urn. No, not *at* it, but *through* it. Her eyes grew dreamy. Fascinated, we turned to look at Father. He was looking at Mother. Was it Mother he saw? His eyes were tender, his lips laughing.

"I can see her courting me," he said, and there seemed to be a happy joke somewhere. "There wasn't another girl in Baltimore could hold a candle to her.

I can see her as she looked the night we young folks all drove out in sleighs to the big Assembly Ball at Catonsville. When I put her into the sleigh and tucked in the robes as we started home, I kissed her"—Father, even, was getting a little hazy—"and she whispered something I couldn't hear. Perhaps she asked me to do it again."

Mother's cheeks glowed like poppies. She tipped over the sugar bowl and the white lumps scattered about the table.

"Why, Thomas Ellicott!" she exclaimed, "I never did!"

Then Tilly giggled and the spell was broken.

So it was everywhere. Our old gardener, when questioned, saw sunny pictures of the Rhine country. Grandmother looked back upon her little self stitching a sampler and bobbing grave courtesys to her elders. Grandmother had to look back beyond many graves to see her glad visions. Basil's little old shriveled mother—ages old—in her tiny white-washed cabin "out yander" on the Hookstown Road, smiled toothlessly and saw joyful scenes through sightless eyes. Everywhere it was the same with our elders. But we children, uncomprehending, saw only the present which we touched and knew and the future which we colored to suit our fancies.

Years passed, in accordance with their fixed custom. Father and Mother and their eldest-born went away, one by one, to lie quietly side by side on the green slopes at Loudon. Like Moschus, when he laments for Bion, we cannot be reconciled to the yearly renewal of the mallow and the green parsley, while the good and great lie lapped in endless silence. Or so it seems. The future is harder to focus than the past. And the five of us who remain have at last grown up—grown old; the very baby is two score odd. Out of busy lives, out of divergent ways, out of the past, which used to be such a joyful present, at last one day the clan gathered, with silver speech and occasional golden silences.

"It is queer," said one, "that our most vivid memories are often of the most trifling things. I remember at college a willow tree that stood at the foot of a wooded hill, just where I could see it from the laboratory window. And in the first warm days of March, against the misty purple of the treetops beyond, my willow flamed, a splendid thing of shimmering gold. How could I keep my eye at the microscope, or count the nerve ganglia of *Lumbricus terrestris*? The worm, poor thing, was dead, and by my hand; but the tree was flushed from root to outermost twigs with life. One could see, from day to day, the urgent sap spill over into young leaves. This was my 'host of golden daffodils.'"

"You always were daffy on trees," said Hal. "I like to think of my numerous pitched battles. Hey, but they were glorious! If little black Tilly hadn't been a lady, I'd have fought with her tooth and nail, more than once. I always wanted to be Horatius at the bridge or Achilles at the trench. Sitting beside Father at Meeting on Sundays I planned numerous campaigns for Hannibal that led straight to Rome, and thought out strategic moves for the Greeks that would have taken Troy in ten minutes instead of as many years.

Billy the bachelor remembered most

pleasantly, it seemed, the charming faces of his numerous sweethearts, and jeered at his brothers, with but one apiece. "Besides," he said, "we every last man of us proposed to Mother before we were out of skirts, and I'm the only one that has remained faithful."

A golden silence fell. There came a rush of memories, so warm, so vivid, so tenderly, poignantly painful! The room grew hazy; the walls melted away. Through misty eyes we smiled, and laughed with lips that trembled. The six-foot, bearded baby snuggled down on the sofa beside his sister. Hal reached over and whacked Billy on the shoulder, and Billy kicked Bonnie affectionately, if sharply, on the shins. What was it warmed our hearts to glowing point?

"See here," said Hal, suddenly. "Do you know what we're doing? We're 'seein' things!'"

We looked at each other. Was this it? Was it thus Mammy used to look across the seas and behold her mother's face, and Sarah danced, a girl again, upon the old plantation? Yes, we knew it now, the painful joy, the sorrowful gladness. We had the magic formula purchased of Time at the expense of Youth. We could touch the crumbled dust of dead years, and behold, a garden blossomed!

Autumn Reveries

By Edith C. Lane

Come back to me at autumn time,
When the fields are filled with sheaves,
And the frost-nipped woods hold council,
With a shower of tinted leaves.

When asters gaily brave the breeze,
And the world seems wrapped in a maze,
Of gold and purple shadows,
O'er-wrought with an amber haze.

When clusters of waving golden rod,
By the roadside nod and lift,
And the hours of mystical happiness,
Pass sweetly, and all too swift.

From the world of a far beyond,
Gleam lights of the Orient,
And changing clouds in the sky,
Bring a message of sweet content.

Then come to me, my dearest,
And together we will go,
Through balsam-scented pathways,
That only the wood-wise know.

The Misunderstanding of Mayberry

By Ruth Hall Johnson

MR. and Mrs. Judson Mayberry were two amiable young people who lived in a charming little suburban cottage, which was exactly like the charming little suburban cottage to the right of them, and the charming little suburban cottage to the left, also the one across the way. But whereas the Mayberry's cottage had a tiny garden in the rear, the Wilkins' had a smooth croquet-lawn, and the Sawyer's—a chicken-yard. However, as the Sawyers were most kind and neighborly in the way of passing fresh eggs over the back-fence into Mrs. Mayberry's apron, and as Mr. Sawyer spent most of his leisure hours in making the wire-fence around his chicken-yard impervious to even the smallest bantling, the cottages were on the best of terms.

As the year and the garden were yet young, the back-yard transfers had been largely one-sided, but the Mayberrys cast proud eyes upon their rows of springing green, and thought with swelling hearts of the June peas and tender lettuce with which they would by-and-by regale their dear friends, the Sawyers.

Affairs stood thus when one day, things having gone unusually well in town, Mayberry swung himself from an early train and walked rapidly up the street. Something desolate and forbidding in the aspect of his home as he approached it chilled him, and he saw with a shock that *the door was shut*.

The cat came "mewing" to meet him and wrapped herself forlornly around his legs. As he stooped to stroke her arching back a voice called, "Mr. Mayberry!"

Mrs. Sawyer, arrayed in crisp white, sat slowly swaying in a rocking-

chair upon her vine-screened porch. Raising her eyes from the bit of sewing in her hand, she repeated, "Mr. Mayberry! 'O, Mr. Mayberry!"

Mayberry disengaged himself from the cat by a vigorous motion of the legs, and crossed the grass to the dividing-hedge.

"Do you know where Almeda is, Mrs. Sawyer?"

"Indeed, I do," replied Mrs. Sawyer with animation. "Almeda's Aunt Eliza came in from the farm this morning and brought you a lot of things, and took Almeda home with her to preserve strawberries."

"But neither Almeda nor I eat preserved strawberries!" exclaimed Mayberry, in bewilderment.

"That is what Almeda said, but every good housekeeper preserves strawberries, and Miss Eliza has some remarkably fine ones. Almeda will be gone two or three days she thought, and you will have to live at home or let us give you your meals, as you prefer."

"Oh, I wouldn't think of troubling you, Mrs. Sawyer. I daresay Almeda left something in the house."

"O yes, and Miss Eliza brought some doughnuts and things. Oh! there's the telephone—I suspect it's Joe. Excuse me, Mr. Mayberry."—and with a whisk and rustle of starched skirts, Mrs. Sawyer was gone.

Mayberry retraced his steps, entered his front door, and in the course of a quarter of an hour emerged from the rear, in a negligent garden costume, bearing a hoe. He worked energetically, for a few intrepid weeds had dared to spring up in those sacred plots, until a drawling voice inquired, "Howdy? You and your pets seem quite sociable,

Mayberry. Were you having a hoe-ing match? Judging from the results, I think I'll back the fowls."

Mayberry straightened himself with a jerk, whirled 'round, and perceived, at no great distance, two three-quarter-grown Dominicker cockerels, half obscured amid the debris of a bed of young onions. The stout yellow legs were vigorously scratching, while the absorbed fowls conversed in a series of inarticulate gutturals, chuckling fatuously. Mayberry regarded them for a moment of dumb rage, then, brandishing his hoe, exploded.

"Get out!" vociferated Mayberry.

"Meaning me?" meekly queried Sawyer. Then did Mayberry, with ill-suppressed fury, turn upon his erstwhile friend.

"See here, Sawyer, I've always considered you a gentleman, but a man who turns his half-starved chickens into a neighbor's garden, to fatten upon the products of his labor——"

"Why, Mayberry, did you make the worms? Glad you told me! I didn't know that!... Besides, they're not my chickens."

"Not your chickens? Isn't that a Dominicker?"

"Yep."

"And that?"

"Yep."

"And aren't yours Dominicker?"

"Nope. Mine are Plymouth Rock."

"Same thing."

"Can't help it. Those are not my birds."

Sawyer, who had been standing at ease, his elbows on the fence and a delighted grin wreathing his face, stiffened.

"Mayberry, do you really believe me capable of a caddish thing like that?"

Before Mayberry could reply, the chickens, having thoroughly discussed the matter in low tones, took affairs into their own hands and, rising upon their rudimentary wings, flapped heavily over the fence into Sawyer's

domain. Mayberry said nothing, but stood in an accusing silence. Then:

"If those chickens or any other—— *or any other,*" repeated Mayberry, impressively, "are in my garden again, I shall immediately quench the vital spark thereof!"

"Very well,—but they're not my chickens." And Sawyer retreated to his own domain, whence soon issued guffaws mingling with feminine expostulations.

The next morning Mayberry arose at dawn and gazed from his window upon the Invaders, reclining at ease in the ruins of a cherished lettuce-bed.

Hastily donning a few indispensable articles of clothing, he descended and, with unspeakable havoc, ran down and captured one of the enemy, and tossed the lifeless body over the dividing-fence.

All that day peace brooded over the garden, though Mayberry did not go to town, but labored to repair, as best he might, the ravages in the garden, shotgun within reach. No more "running down" for him!

The next day the second victim met his Waterloo, and for the second time, appetizing odors floated from the Sawyers' kitchen as Mayberry boiled his bachelor dinner.

After dinner Mayberry repaired to the garden, hoe in hand, but he had no heart to work. Listlessly he raised the hoe, listlessly it fell again.

At the sound of a beloved voice he turned to clasp Almeda to his breast.

"O Judson dear, the garden! What's happened to the garden? Come into the house and tell me everything! Did Jessie Sawyer give you my message? Did you find the doughnuts and things? Oh, and where did you put the chickens?"

Mayberry's head whirled, and he stared at Almeda, open-mouthed.

"Chickens? Almeda, what are you talking about?"

"Why, the two frying-size chickens Aunt Eliza brought us. Didn't Jessie tell you about them? We'll eat them tomorrow.—Why, Judson darling, what is it?"

Mayberry had collapsed in his Morris-chair.

"Those chickens?" he said feebly, "We can't eat them tomorrow, dearest, ...the Sawyers ate them today!"

"Indeed, the Sawyers did nothing of

the kind!" burst in indignant denial from the lips of Mrs. Sawyer, as she set a dish dramatically upon the table. "There are your chickens, Almeda Mayberry! I cooked them or they would have spoiled. But we *certainly* did not *eat* your property."

Mayberry grasped his hat. "Almeda, you make it right with *her*,...I'm going to find Joe Sawyer!"

On the Use of Napkins

By Kate Gannett Wells

THIS diminutive of the old French word "Nape" for tablecloth has become a sign of refinement, just as the ubiquitous lace tidy is suggestive of a love of cleanliness or of a desire to have one's parlor trimmed up as effectively as some one's else sitting-room. Thus it has come about that, while the napkin is not as essential to making a good appearance as is a curtain, a tidy or a rug, it yet is a truer guide to the amount of civilization or income in a family. Much depends on the manner of use, especially when a finger bowl is not an adjunct. Shall it be so applied to service as to ensure general facial cleanliness, or merely to moisten the lips and tips of the fingers? Certainly, sometimes, it is comical to watch its progress back and forth, in and out, amid wrinkles and around the corners of a mouth or the ends of the moustache.

Just as the method of application becomes characteristic of the user, so is the shape and the manner in which it is folded indicative of the owner or of her butler, if she be not mistress of her own household. Luckily the custom in certain hotels and restaurants of placing napkins upright or spread out fan-shape in tumblers is only spasmodically practiced, soon to be discarded out of pre-

ference for the squarely folded napkin, which marks a hostess as belonging to a distinguished old family. But that a napkin should, also, serve as a non-conductor of heat to the warm roll wrapt in its folds is contrary to aesthetic cleanliness.

Aggravating in its tenuity is a square linen napkin, compared with the substance of a heavy damask one that really protects the user thereof. But wealth alone, with expert laundresses, can afford the half-a-yard square napkin. Fringed napkins, alas! are out of style, replaced by hem-stitched ones, so easy to do up. Only the rich can provide fresh napkins three times a day. The amount of useless laundry work that is done or hired done by those who can ill afford such expense is sheer snobbishness, and the careless guest who makes such laundry necessary is as reprehensible as the pretentious hostess. Why should a napkin be crushed up and thrown, debonair fashion, on the dining table, if the guest who used it is to be on hand for the next meal? Just because it would be old-fashioned and neat to fold it up in its creases, it might be answered,—as if those virtues were dishonorable!

So many hostesses make themselves slaves to self-imposed adoption of other people's ways, regardless of the effect

upon themselves. A few years ago it was deemed sacrilegious to use paper napkins at a church sociable, though not at a secular picnic. Yet why not let them be constantly used in family life, saving time and work for the housekeeper, just as we have learned that luncheon without a tablecloth is good form. Why not, also, at the dinner? When we have scant money and strength, why should we continue to use tablecloths that take so long to iron? Of course, it is said, one cannot be a true lady unless she enjoys and covets exquisite table linen, though she is the truer economist and humanitarian, who, not possessing the linen, uses small inexpensive napkins, paper ones, perhaps, and a bare table, or one covered with enamel cloth. Just as long as we prefer to make work for ourselves rather than to adapt our ways to our incomes, shall we lack culture, that intensive culture which comes through books, nature, and bits of leisure in which to do,—nothing.

Thus do napkins become tests of what we stand for in quiet self-independence, in care for those who toil for us, and in our love for things of the intellect and heart. Still it was a deacon who prayed on behalf of his minister: "O Lord, grant him Thy grace and we will keep him poor." If the reverend man was obliged to do without napkins, certainly his deacon needed them to enlarge his notins concerning the necessities of life.

If individual preference may decide the size of napkins, certainly cleanliness demands their use "as far as practicable," a phrase almost as risky in the household as it is in legislation. If prevention is their domain, the purposes of aesthetics and table beauty are also subserved by their use, even if we do not make their value a vital requisite where incomes are small. For it is the persistent use of some kind of napkin that is essential to health, not an uniform standard of its weight and measure, and

social position is determined by the manner of use more than by its face value. Surely good table manners are more than ever needed today, when athletics and casualness have invaded the dining room to such a degree that well-born women lean their elbows on the table, fork in hand, talking as glibly as if they were not also eating at the same moment, ignoring the fact that cordiality towards food does not mean lack of grace in its manipulation. Casual table manners in boys and girls are as execrable as is their freedom towards elders.

We are in danger of becoming faddish in regard to needless ways of being cleanly, justifying them as sanitary measures. The Sioux Indian deems it but courtesy to return a borrowed kettle with "a small portion of the cooked food in the bottom," as the owner must always know how it has been used, else she will not lend it again. But the American woman considers such custom impolite and unsanitary, and due to curiosity alone.

Fortunate, therefore, is it that labor legislation is beginning to avail itself of *all* personal experience rather than of any one individual method, in determining how far comfort and health, as well as prevention of accidents, should be included in our statutes. Not merely should the scope of law be specified, but the "discretionary powers of officials" should be defined rather than made to depend upon what any local board of health may determine as sufficient, responsibility and penalty alike being fixed.

Why may not housekeepers apply some of the principles of this later legislation to their homes, and, taking napkins as a point of departure, reduce needless home niceties to the sane demands of health and comfort, and penalize the woman, who wears herself out in superabundant laundering, by confining her to the use of paper napkins?

Pink Lustre

By Alix Thorn

THE living room was very quiet with only a falling coal in the broad fire place to break the stillness. On the fur rug, basking in the grateful warmth lay Kits, the blue Persian, both fluffy paws outstretched, while Bud, the bull pup, occupied a slightly position near the French window, watching for his beloved young master to return.

It was Kathleen who spoke, raising troubled brown eyes to her mother's face:—

"Do you think I *ought* to go, Mother, do you think I must be the one?"

"You see how it is, sweetheart," was Mrs. Kinsman's reply, "you know Father and I have been planning for weeks to spend Thanksgiving at 'The Maples,' not because we desired to leave home and all you precious children, at the holiday, but just because two lonely old ladies, my mother's friends, wanted us at this time. Then Father's sprained ankle changed everything. As we could not come, Miss Augusta wrote, begging that one of my girls might act as substitute. It seems hardly fair to ask Margaret to give up all her engagements for Thanksgiving week, considering it's her first season, so there remains my big little girl to represent the family—will she go?"

"Oh, Mother?" imploringly, "What else is there for me to do? But I shall be just as homesick for this dear home," looking around the room as if to impress it upon her memory, "I know I shall; I don't want Margaret to miss all her lovely times; she *does* look so pretty in her new gowns, yet, oh, Mother, Thanksgiving in the country away from you all—I'm lonely already."

"It's a fascinating old house," began Mrs. Kinsman, "and Miss Augusta and Miss Maria are two of the very sweet-

est women I've ever known—real old gentlewomen. They will enjoy you, Kathleen, and the three days will quickly pass."

"I suppose so," was the reply, and her usually cheerful voice was so pathetic that the mother was tempted to smile—"but I don't see why they want *me*."

It was the day before Thanksgiving, and Kathleen, chin in hand, watched the sombre November landscape, as seen from the car window, brown fields, leafless trees, quiet homesteads, little villages, white spires and the broad, turbulent river that the track followed. She had already ridden two hours, and two hours yet remained before she should reach Travers Center and "The Maples." She adjusted her brown toque, settled herself in her chair, and tried to think she was comfortable. A magazine lay neglected in her lap, while her thoughts flew more swiftly than the moving train back to the home she had left, and the dinner she was to miss. Her mother always planned such novel arrangements of fruit and flowers—quaint color schemes, an altogether bewitching whole, each year a new surprise. Thanksgiving was truly a time of rejoicing in the Kinsman home; everyone expected a jolly time, and here was she, Kathleen, traveling every instant away and away—and then she winked hard, for troublesome tears filled her eyes.

It was almost dusk when she left the warm train and found herself on the platform at Travers Center, facing a little, bleak country station. One or two loungers, with hands deep in pockets, surveyed her with evident interest, and as she looked around in uncertain fashion, wondering what was the next move, the station master, himself, came to meet her, his shirt sleeves billowing in the wind.

"Is your name Kinsman?" he inquired loudly, "for if it is, the Wentworth rig is a waiting for you on the other side of the station."

"Thank you," replied Kathleen with girlish dignity—"I *am* Miss Kinsman," and picking up her bag, she followed the direction of his pointing finger. A two-seated covered carriage stood close to the platform, and the driver, a bent old colored man, quickly stowed away her baggage under the seat, and slapping the reins on the broad back of the white horse, made leisurely progress down the village street. A few lights were twinkling in the stores and houses, and the one hotel exhibited a swaying lantern on the piazza.

"'Taint but half a mile to the Wentworth's, Missie," volunteered her companion—"we'll soon be there," and it seemed but a few minutes before they turned into a dark driveway, at the far end of which shone the illuminated doorway of The Maples. Two little, smiling ladies with hands outstretched welcomed the young guest.

"And this is Kathleen!" chirped Miss Augusta. "So you are Kathleen!" murmured Miss Maria. "When last we saw you, you were but a babe." "We're so glad to have you with us!" said her hostesses, almost in chorus, and drawing her into the square hall, they shut out the November night.

"I'm beginning to be just a wee bit glad I came," said Kathleen to herself a few moments later, as she glanced around the dainty room assigned to her with its old-fashioned furniture, snowy dimity hangings, and cheerful grate fire. "This huge house must seem pretty lonely with no company at Thanksgiving; I wonder if that great piano in the back parlor is ever opened. I'd so like to try it."

It was Miss Augusta, who after supper inquired, "Dear child, will you play something for sister and me, preferably a cheerful air? It would do us both good."

"Yes, Kathleen, my dear, play, do," entreated Miss Maria, and thus urged,

Kathleen willingly seated herself on the long mahogany stool, and the sedate apartment fairly re-echoed to the strains of *The Garden of Roses*, *The Land of Bohemia*, and airs from *The Chocolate Soldier*. "So lovely!" exclaimed Miss Augusta, delightedly. "I find my foot *will* keep tapping."

"You inherit your talent from your mother, my love," smiled Miss Maria, "I well remember the sweet selections she used to play when she came here as a girl." And thus approved, Kathleen played on, and on until the tall clock in the hall warned them it was bed time.

The next morning was gloomy and overcast, and with a feel of snow in the air. A chill wind stole up the drive, rocked the old maples and roared around the house, as if trying to make those inside glad that they were comfortably housed away from the wintry weather, giving them extra cause for thanksgiving.

Kathleen was standing by one of the library windows after breakfast, idly watching the weather vane on the stable, when she heard a step behind her, and turned to see that Miss Maria had entered the room. She was smoothing her lace trimmed apron in rather worried fashion, and Kathleen imagined that the dear little lady was not looking her usual cheerful self.

"I am feeling a trifle concerned about dinner," explained Miss Maria, "no, not about dinner, itself, for Matilda, the cook we have had for many years, is very satisfactory, and ever a dependable creature, but, you see, it's Mrs. Blanchard."

"Mrs. Blanchard" repeated the young guest.

"Yes, Mrs. Blanchard," began Miss Maria, "she and her sister are our other guests today besides yourself. You see, Mrs. Blanchard, she *was* Polly Winslow, is a former schoolmate of ours but has a long time resided in Boston, is a town woman, as you might say, and is visiting in our village. We cannot help feeling a certain responsibility, with Mrs. Blanchard coming, about, well, about the table

decorations. Your dear mother has such exquisite taste; you have seen city tables, I know. Wouldn't you, child, give us your advice about ours, wouldn't you?"

Kathleen's cheeks, of sudden, glowed crimson, and unconsciously she straightened. Was Miss Maria really asking *her* help, her advice! It was almost as if she were the adored grown sister at home. Yes, she, fourteen year old Kathleen, was actually desired to council with these little ladies about the always important Thanksgiving table, how inspiring, how comforting! Impetuously she clasped Miss Maria's thin little hand, "Oh Miss Maria," she sighed, "I'd just love to. I know we can make the table as pretty as possible. We'll surprise Mrs. Blanchard, yes, we'll surprise her." And together they hurried to the dining room. Miss Augusta, with Jane the waitress, was anxiously surveying the table as the excited pair made their rather dramatic entrance.

"Kathleen is willing to help us about the table, sister," cried Miss Maria in a trembling voice, "she has seen charming effects in her own home, and now look around, dear, and tell us what *you* would do."

"We shall be very glad of assistance," chimed in Miss Augusta, "you see the best dinner set is white with a gold band. We could think of nothing better than the regular fern dish for a center piece, but that is *so* every day, even if the ferns are in beautiful condition. Perhaps," hesitatingly, "we should have ordered carnations from town."

Kathleen surveyed the dignified apartment with its dark wood work and high ceiling, the great windows and deep corner cupboards guarding their treasures of old china, that would have driven a collector wild with envy, could he have been privileged to explore them.

"Oh, what is this lovely pink set!" exclaimed the girl, examining a high shelf where quaint cups and saucers, plates and platters made a brave showing. "I know, but, I cannot think what it is called. We

have a teapot almost like it at home—oh, isn't it *lustre*?"

"Yes, my love," answered Miss Augusta, "it's called Pink Lustre, and this set belonged to our Aunt Delight. It lacks but a few pieces, and we understand it is quite rare."

"Could we use it today!" cried Kathleen—"could we! It's the sweetest china I've ever seen—some sunsets have just that wonderful pink."

"Most certainly we can use it today if you wish to," replied the old ladies, and then, to the great surprise of them all, Kathleen suddenly slipped away, and was discovered five minutes later by Matilda, the cook, wandering around the forlorn looking flower beds.

At precisely five minutes before the appointed hour Mrs. Blanchard and her sister arrived with a great fluttering of veils and a great rustling of silken skirts, and were ushered into the spare room to remove their wraps. Then, as the clock struck two, the folding doors of the dining room were thrown open, and the table stood revealed to the eyes of the expectant guests.

"My dear Augusta, my dear Maria," began Mrs. Blanchard, settling her plump self into her chair, "will you permit an old friend to compliment you on your *charming* table! 'Tis truly charming! It is but the truth to say that I am accustomed to handsome dinner tables—one cannot live in Boston as long as I and not be used to fine decorations, both at luncheons and dinners, and I realize your scheme of color is fortunate, girls, is fortunate."

Snowy damask covered the round table, the quaint family silver shone brightly; the center piece dull pink, late chrysanthemums in a great crystal bowl stood on a heavily embroidered square, which was powdered with the tiny, separate flowers. The china was the treasured Pink Lustre, which exactly toned in with the tint of the blossoms; transparant pink jellies quivered in low, pink dishes, pink candies filled little glass boats, while apples and

winter pears, delicately pink, were piled high in a pierced silver basket usually dedicated to cake.

The two hostesses fairly glowed with satisfaction, their dinner was a marked success; Mrs. Blanchard from Boston approved the whole, what more could they ask? "Kathleen is responsible for our decorations today," they announced with evident pride, "it was her own idea."

"Well, I have always said, and always shall say, that a good dinner calls for a handsome table. Everything should be in keeping," announced Mrs. Blanchard. She laid down her fork, and her white puffs shook impressively. Altogether, it was a most fortunate occasion; the spirit of youth and jollity crept in, and half to their own surprise, the old ladies recalled Thanksgivings long past, yet vividly remembered, describing merry parties in this very house, until one could almost hear the fiddles, and the light tap of dancing feet. Mrs. Blanchard quivered with silent laughter as she recalled an upset in a great snow drift on the way to a donation at the minister's. "Remember the very boy I went with," she assured them, "and he lost one mitten, believe it was a red one, rescuing me, poor chap, and it was a nipping cold night, too."

"I don't believe he minded much," smiled Kathleen, who was a most appreciative listener—"oh, don't you all know some more stories!" she pleaded, "these

are so interesting; what good times you must have had; why didn't *I* live long ago!"

It was late when, at last, Mrs. Blanchard and her sister drove away, vowing that they had never spent a more delightful Thanksgiving.

Early next morning Kathleen stood between her gentle, old friends, waiting for the carriage which should take her away from them. It was with real regret that she said goodbye. "You'll come next year—you'll surely come to us!" they said hopefully.

"I shall want to," she assured them, yet next year seemed very far away to fourteen—so much could happen before then.

"We had a *lovely* dinner," she said, it was all right, wasn't it?" "We were certainly gratified, my dear," they answered.

"I can see Polly Blanchard's face now," smiled Miss Augusta. "She will tell about it wherever she goes in the village," glowed Miss Maria.

The wheels sounded on the gravel, and Miss Augusta clasped Kathleen in her frail arms.

"Goodbye, child!" she whispered, "I'm thankful you were lent to two old ladies to make their holiday complete. It wasn't the Pink Lustre, it wasn't the flowers that crowned our feast—it was just you—just you, our little Thanksgiving Girl."

The Passing

By Stokely S. Fisher

Peace, O my heart—it is not far!
Like light that lingers where a star
Has died the still, warm smile; the air seems
stirred
Yet by the music of her farewell word:
It is not far!

How wonderful! it is not far—
Only a thin veil, not a bar—
Only a step, a heartbeat's time, between!
I know not why it all should be unseen:
It is not far!

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Thanksgiving

What have I that most I treasure,
Hours of joy and days of pleasure,
Shady paths and sunny vistas
And a rose environed way?

Nay, but lips, whose bloom caressed me,
And the little love that blessed me,
'Tis for these I thank Thee, Father,
On this glad Thanksgiving Day.

What have I in which I glory,
Honors gained, well worth the story,
Wealth of gold to guard and cherish,
In a miser's doting way?

Nay, but hands reached up to hold me,
And a child's love shyly told me,
'Tis for these I offer praises
On this glad Thanksgiving Day.

What have I that's worth the gaining?
Laurels fade and joys are waning,
Gold and honors, beauty, pleasure,
With the years, they fade away;
But the sweet child-trust that crowned me,
And the fair child-faith that bound me,
'Tis for these, Oh, God, I thank Thee,
On this glad Thanksgiving Day.

Lalia Mitchell

VARIETY IN DIET

IT seems to me the most tiresome truism to harp on the need of variety in diet. When experts are devoting their energy to inventing and exploiting new dishes and new ways of preparing old ones, there is positively no excuse for monotonous menus. Yet it is unfortunately true that even in this day of enlightenment many families move along in well worn ruts repeating every week, day by day, the same old program with very slight variation. It is no wonder that the children lose their appetite, and the husband ceases to take any interest in mealtime.

A common fault in housekeeping is to repeat *ad nauseam* a favorite dish. A young man once remarked that he had never dared to praise any article on the table for fear it would be served henceforth for seven days in the week. His fond mother seeking to please his taste did not realize how she was tiring him. The most delicious viand in the world loses its charm with constant repetition. Only bread and butter will stand the every day test.

To put it very baldly, lack of variety means sheer laziness. For laziness is of many kinds, mental, moral and physical. Many a housekeeper, who never shirks actual work, does not exert her brains enough in planning for her table. She does not consider it necessary. Others, who are more or less bright about thinking of new things, are always too busy or too tired and constantly postpone the happy day for a special delicacy. Happy is a family where the good housekeeper understands and lives up to the belief that variety in diet is as important as in our pleasures.

COOKING WITH BRAINS

THE famous reply of Turner to the man who inquired how he mixed his colors—"With brains, Sir"—has pointed many a moral, but is nowhere more applicable than in cooking. The

beginner anxiously asks all sorts of questions of the experienced housekeeper, and gets all sorts of replies. But in the end she finds that to a certain extent she must work out her own salvation by the use of brains. She learns very soon that the best of recipes do not always bring good results. She wonders why her cake is not so light as that of the friend who told her how to make it, and concludes that it must be the quality of the baking powder. It is only long experience that teaches her that the delicacy of a cake depends more on beating than on baking powder. So, too, though she may try innumerable rules for biscuits and pie crust, ultimate success depends upon a certain knack in handling the ingredients. The secret of "quick biscuits" is in having the dough as soft as you can handle, while conversely the flakiest of pie crust is achieved by having the least possible water to hold the materials together. It requires no little patience to learn these tricks of manipulation, but once acquired they are invaluable. Experience, too, must teach the cook the ways of her oven, and the use of the various tools of her trade. At every turn she must apply the rules of common sense, and the **measure of her accomplishment will be according to her brains.**

THE TRICKS OF THE TRADE

AS the experienced housekeeper moves about her daily routine, there are a hundred little tricks of the trade which she puts into constant action. The awkward beginner looks with admiration at the skill and ease which in course of time become a matter of habit. There are many things which "sound easy," and "look easy" but which really require peculiar deftness. It is not until we try for ourselves that we realize the difficulties of some of the commonest every-day domestic tasks. It is no mean accomplishment to know how to make a fire and run a stove, how to roll out pie crust, how to turn an omelet, how to fry

griddle cakes, how to cook a dropped egg, how to ice a cake. A thick crust, a ragged omelet, a raw griddle cake, a broken dropped egg, and a messy cake icing are among the abominations of housekeeping. These are but a few of the multitude of things which, strange to say, appear not infrequently upon the tables of reputable housekeepers. Every woman who sets herself to acquire the art of cooking should be ambitious to perfect herself in details. Wherever a knack is required she takes genuine satisfaction in mastering it. No one can be a finished cook who does not command the tricks of the trade.

THE UNEXPECTED MENU

IN the perplexities of housekeeping it is very natural for the homemaker to consult the family as to the choice of food for the day. What would you like for lunch?" she asks at the breakfast table, and as lunch is ending she sighs wearily, "what shall we have for dinner?" And precious little satisfaction or information she gets from the replies: "I don't care," "Anything you like," "Suit yourself," etc. When people have just eaten to repletion, their opinions are very hazy as to a meal five hours distant. They are amused, if not annoyed, at the mere mention of eating again. In fact, it almost spoils a meal to know beforehand what they are going to have. The zest of a dish is in its unexpectedness. So the successful housekeeper must learn to keep her troubles to herself. It may not seem altogether fair, but it is the part of wisdom. And in the end small domestic perplexities are less wearying if not talked over.

A clever housekeeper will invent many a ruse to draw out her family as to their preferences—between meals. She will treasure up every casual allusion to a favorite dish. She will study carefully the individual taste. She will not leave her planning till the eleventh hour, and then be obliged to take what she can get, but she will try to combine fore-

sight with good judgment. Her specialty should be surprises. E. M. H.

HOW NEW WORDS COME INTO OUR LANGUAGE

IN language, as well as in roads, we travel by different vehicles. The words of one age vary widely from those of another; and there are inventions in expression as well as in mechanics. Also the same law applies to both, the test of use and availability. One man invents a word, as one man invents the steam engine, wireless telegraphy or any other wonder. But its acceptance must mean that the world is ready for it.

It is said of Julius Cæsar, who was as wonderful in literature as in war, that he warned against every unusual word as against a rock. But if so, the above law applies; one avoids a rock at sea, but what more welcome than the shadow of a great rock in a weary land?

Plato is said to have substituted "Providence" for "fate," and so with subtle prescience to have anticipated a revolution in the moral world. Cicero called "moral philosophy" what before his time was named the "philosophy of manners." In an old translation the "Song of Solomon" is called the "Ballad of Ballards"; and from this phrase "Psalm-singers" were called "Ballard-singers." To-day the word "knave" is a title of opprobrium; but in ancient times the Apostle Paul was called "a knave of Jesus Christ," because in old times "knave" meant loyalty and faithful service.

A friend of Maria Edgeworth said, when an old lady, that she had lived to hear the vulgarisms of her youth adopted in drawing-rooms. In her youth "to lunch" was known only to the servants' hall; in her age it was familiar to ladies of rank. She justly ridiculed the phrase, "a nice man," as of a pudding or some other eatable thing!

The word, "answer-jobbers," was made by Swift familiar with pamphlet war. The famous Marquis of Lansdowne coined "to liberalize," which antedated the noun "liberals." Formerly the adjective "liberal," from which both these words were derived, had had exactly the opposite meaning, it had been rendered "libertine" or "licentious." That much-used expression, "the spread of knowledge," owes its origin to Dr. Priestly. The elder D'Israeli brought in the word "fatherland," which Byron and Southey afterward used.

We have gained in language as in all other things belonging to civilization. Yet many of our modern Latinized words are far less picturesque than those of the same meaning used by ancient writers. Our word "executioner" cannot compare in expressiveness and solemnity with the old Anglo-Saxon word "deathman." How much more illustrative of its meaning than our modern "vagabond" is the ancient word "scatterling"; the old word was "moonling" where we say "lunatic." The peculiar short shrill cry of the grasshopper Herrick describes most expressively by the word "pittering." Whoever it was who spoke of "envy dusking the lustre of genius," he used a phrase for which to-day gives us no equal.

In the revised version of the Bible we have gained in clearness and comprehension, but among these words and phrases changed in revision, there are some expressions, the very quaintness of which gave them an added significance.

That words of Saxon origin lie nearest our hearts is proved by these being the expression of all deep, strong and sudden emotions.

Many a word and phrase now commonly used in culinary parlance can not be found as yet in the latest editions of our dictionaries. F. C. S.



PÖELED CHICKEN AGAINST BLOCK OF BREAD, MASHED POTATO IN FRONT

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Caviare Slices, Remoulade

FROM thin slices of Boston brown bread stamp out small round or heart shapes, and spread lightly with butter. Mix two ounces of Russian caviare with a tablespoonful of lemon juice, one-fourth a teaspoonful of cayenne and a teaspoonful of onion juice, and with a silver knife spread the prepared bread quite thick with the caviare. Mix together the sifted yolk of a hard-cooked egg, half a teaspoonful of fine-chopped parsley, one teaspoonful of tomato juice (this should have been reduced to a thick paste by cooking) one-fourth a teaspoonful of prepared mustard, one-fourth a teaspoonful of grated onion and one tablespoonful of cold Bechamel sauce. When all are thoroughly blended, fold in one rounding teaspoonful of thick mayonnaise dressing and pipe above the caviare.

Set aside in a cold place until the moment of serving.

Consommé Lilienne

Cut one ounce of blanched almonds in lengthwise shreds, Julienne style; shred in the same manner two large truffles and six canned mushrooms. Serve these in two quarts of hot consommé.

Consommé Mancelli

Wash and pare one carrot, and cut it in Julienne shreds; clean half a head of celery and cut as the carrot, also cut an onion in small shreds. Cook the vegetables in two tablespoonfuls of butter over the fire ten minutes, but do not allow them to color. Add a quart of consommé and let simmer half an hour, skimming as needed to remove fat, etc. When ready to serve add a second quart of consommé and when boiling remove from the fire and add a cup of roasted chest-

nuts, peeled and blanched and cut in fine shreds.

Pöeled Chicken

Wash and dry two young chickens and truss as for roasting. With a larding needle draw eight or ten long pork lardoons into the breast of each chicken. Trim the ends and tie each lardoon in a loose knot. Set on a rack in a casserole, baste with hot fat, cover and let cook in a moderate oven from one hour to an hour and a half. Baste each ten minutes with hot fat. Remove the chickens from the oven as soon as they are tender. Cook the giblets in the casserole with the chickens. Chop fine and add to a sauce made of two or three tablespoonfuls,

Remove the trussing threads from the chickens and set them, breast downwards, against the block, one at each end of the platter. Pipe mashed potatoes between and garnish with celery leaves. The chickens will rest securely against the block, but should be removed one at a time to another platter for carving. Celery or oyster croquettes may be used on each side of the platter in place of the mashed potato.

Left Over Chicken or Turkey

For one cup of cold, cooked chicken or turkey, cut in small bits or chopped, make one cup of white sauce or use left over giblet sauce. Have the sauce hot and let the chicken stand in it, without



CHICKEN LARDED WITH SALT PORK LARDOONS

each, of flour and the fat in the casserole and a cup and a half of broth. From a loaf of stale bread cut a block, square at the base (size of the end of loaf) and about three inches square at the other end. The finished block should be two or three inches higher than the length of the base. Fry this in deep fat or spread on all sides with butter and let brown in the oven. Mix a little white of egg with flour to a thin paste, spread this on the center of a serving dish, over it press the hot block of bread and let stand in a warm place to set the egg, when the block will be fixed firmly on the plate.

boiling, until very hot. If there be a scanty allowance of chicken, make up the measure with peas or bits of cooked celery. Have ready four or five rounds of toast; dip the edges in boiling salted water, spread very lightly with butter and cover with the mixture. If a cold, hard-cooked egg be at hand, sprinkle the meat with the white, chopped fine, and sift a little yolk on the center of each round. If convenient fill the center of the dish with tomatoes, stewed with soft bread crumbs and seasoned with salt, pepper and a tablespoonful of butter.

Braised Beef Tongue, with Spinach

prepared spinach, two tablespoonfuls of cream or Bechamel sauce, half a teaspoonful or more of salt and half a tea-



LEFT OVER CHICKEN OR TURKEY

Put a beef tongue over the fire in cold water to cover, add an onion in which two cloves have been pressed and heat to the boiling point, then let simmer about an hour or until nearly cooked. Remove the skin from the tongue. Have hot in a casserole a cup of tomato purée and about two cups of brown stock, well flavored with ham, parsley, onion, celery, carrot and sweet herbs. Put in the tongue, cover and let cook in a very moderate oven nearly an hour or until very tender. In the meantime cook two pounds of spinach and chop it exceedingly fine. Melt two tablespoonfuls of butter; in it cook a slice of onion, grated or chopped very fine; when slightly yellowed add the

spoonful of pepper. Mix all together thoroughly and shape in a bed on a serving dish. Cut the tongue in slices and dispose in a wreath on the spinach, one slice overlapping another. Set a slice of hard-cooked egg on each slice of tongue. Thicken the liquid in the casserole with flour cooked in butter, strain and serve as a sauce.

Salad of Tongue and Spinach

Cut cold, boiled tongue in slices and with a tin cutter stamp out the slices in perfect rounds. Press hot spinach, seasoned with salt, pepper, butter, and onion juice if desired, into well buttered timbale molds. When cold unmold on the



BRAISED BEEF TONGUE, WITH SPINACH

slices of tongue. Set a spoonful of Sauce Tartare above each shape of spinach.

Tongue Sandwiches

Chop cold, boiled tongue very fine, mix with sauce tartare and use to spread any variety of bread prepared for sandwiches. Chicken may be mixed with the tongue. Boston brown bread or plain white bread are both good for this purpose. If sauce tartare be not available, use chopped capers, olives, cucumber pickles (mustard pickles at discretion) onion and parsley with the tongue, and moisten with creamed butter.

Tongue in Aspic Jelly

cool add such additional flavoring as is desired. If the broth has not been clarified, the crushed shells and the slightly beaten whites of two eggs must be added with the gelatine and the whole stirred constantly until the boiling point is reached. After boiling five minutes let settle and strain through a napkin, cool the liquid, set the mold (an oval Charlotte Russe mold was used in the illustration) in a pan of ice and water and pour in a little of the prepared broth; when this is firm, set the pieces of egg upon it, the edge of the yolk against the sides of the mold and the pieces entirely around the mold. Set pieces of olive, capers, figures of truffle etc., on the jelly



TONGUE IN ASPIC JELLY

For a beef tongue, boiled or braised, cut when cold into neat slices, about five cups of clarified and well seasoned chicken broth or consommé are needed, also two truffles, cut in slices or figures, some olives, sliced lengthwise, and two hard-cooked eggs, cut in quarters lengthwise, and the quarters in halves crosswise. Gelatine also is needed and the broth may be flavored with wine if desired. If the broth of itself jellies when cold, the quantity of gelatine may be lessened. For a broth that does not jelly one package of gelatine will be required. Let this soak in a cup of cold water, then dissolve in the five cups of broth; when partially

in some regular pattern; put a few drops of aspic on each article to hold it in place, then cover with aspic; also fill the spaces between the pieces of egg and the mold with half-set aspic. Dip slices of tongue, cut to fit the mold, in aspic and press them against the sides of the mold to surround it. Add other decorations in same manner. Then fill the mold with the tongue and the aspic. Set the slices of tongue in the mold endwise rather than flat, that in serving whole slices may be taken from the end. Serve with fresh vegetable salad and French or Mayonnaise dressing.

Brioche For Vol-au-Vent

Dissolve two cakes of compressed yeast

should be light. Set aside in a refrigerator over night to become thoroughly chilled. Next day, turn on to a floured



VOL-AU-VENT OF BRIOCHE

in half a cup of luke-warm water; measure out four cups and two-thirds of bread flour, and stir enough of this flour into the yeast to make a dough and knead into a smooth ball; make two gashes in the top of the ball, and at right angles to each other, and set the ball in a small saucepan containing half a cup of scalded and cooled milk. Let stand until light and puffy. To the milk and yeast mixture add three whole eggs, four yolks of eggs, two-thirds a cup of softened butter and the rest of the flour and beat with the hand until smooth. Let stand in a temperature of about 68°, six hours, when the mixture

board and roll to a rectangular strip one-fourth an inch thick. Spread the paste with soft butter and fold to make three even layers. Cut out with a vol-au-vent cutter dipped in hot water. Score one inch from the edge through two layers of paste. Set the shape in a tin spread with paper. Cover and let stand to become light. Bake about twenty-five minutes. After baking cut out the center at the scoring, trim the bottom evenly and use for a cover. Remove the center from the other part, to leave a case with walls three-fourths an inch thick. Use, reheated, as a case, for cubes of chicken, oysters, lobsters, etc., mixed with a cream or



POACHED EGGS, WITH CREAMED CELERY ON TOAST

brown sauce. In the vol-au-vent shown in the illustration, the paste was rolled thinner after folding, and two pieces were cut out; the paste was again rolled thinner before the second piece (to be used as cover) was cut and this was decorated with crescent and oval shapes. The under side of these shapes was brushed over with cold water before setting them in place. By this means they will stay in place.

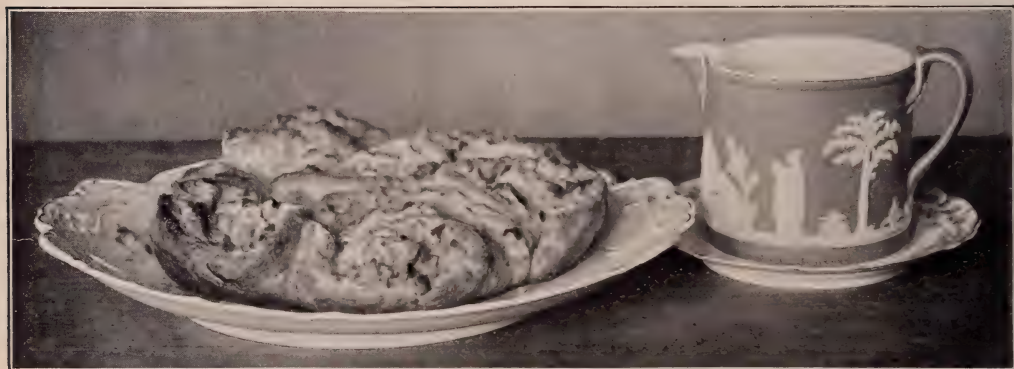
Creamed Celery, with Poached Egg

Cut tender, nicely cleaned stalks of celery in half-inch slices; let cook in boiling water until tender and the water

pan (allow a teaspoonful of salt to a quart of water); into the water break fresh-laid eggs; let stand undisturbed until the white next the pan is set. Carefully run a spatula under each egg, to separate the egg from the pan and avoid overcooking at the bottom. With a spoon dip a little water over the eggs to cook as much as desired, then with a skimmer remove the eggs to the toast.

Macaroni, With Tomatoes and Green Peppers

Cook half a pound of macaroni in rapid-boiling salted water until tender, drain and rinse in cold water. Butter a baking dish, put in a layer of macaroni,



ROLLED APPLE DUMPLINGS

is nearly evaporated. For four slices of toast and four poached eggs there should be a generous cup of the celery, measured after cooking, or nearly two cups of raw celery. Make a cup of cream sauce with two tablespoonfuls, each, of butter and flour and one cup of rich milk, or half a cup, each, of cream and water in which the celery was cooked. Stir the celery into the sauce and let stand to become very hot. Dip the edges of the nicely toasted bread in salted boiling water, an instant only, spread lightly with butter, pour over the celery and sauce and set a poached egg above each slice. Garnish with celery leaves.

Poached Eggs

Have boiling salted water in a frying

then a layer of canned tomatoes, sprinkle with green peppers, sliced or chopped fine, and grated onion; add also a little salt. Continue the layers until the macaroni is used, having the last layer tomatoes. Pour over the whole a cup of well seasoned broth and let bake about forty-five minutes. The onion may be omitted or grated cheese added at discretion.

Macaroni Soufflé

Season a cup of white sauce with a teaspoonful of fine-chopped parsley and a little onion juice. Stir in one cup of boiled macaroni, chopped rather coarse, then the yolks of two eggs, beaten light. Fold in the whites of two eggs, beaten dry, and turn into a buttered bak-

ing dish. Sprinkle with one-half a cup of soft crumbs, mixed with two tablespoonfuls of melted butter, and bake in a moderate oven about twenty minutes, or

and turn with the knife until lightly floured, then knead slightly and pat and roll into a rectangular sheet less than half an inch in thickness. Pare and core



PEANUT BUTTER AND FRUIT ROLLS

until firm in the center. Serve at once with tomato sauce or with a cup and a half of white sauce, into which from one-half to a whole cup of grated cheese has been stirred.

Rolled Apple Dumplings

Sift together two cups of sifted pastry flour, four level teaspoonfuls of baking powder and half a teaspoonful of salt. Work in one-fourth a cup of shortening, then mix to a dough with milk; between half and two-thirds a cup will be needed. Turn the dough upon a floured board,

four or five quick-cooking, tart apples and chop them rather coarse. Sprinkle the apples over the dough, dredge with two or three tablespoonfuls of sugar, then roll like a jelly roll and very compactly. Cut the roll into pieces two inches long. Set these on end close together in a buttered baking pan. Put a bit of butter on top of each roll. Bake in a quick oven about twenty-five minutes. Serve hot with syrup and butter. Syrup may be made by cooking two cups of sugar and a cup of water from six to ten minutes.



APPLE BAVARIOSE, WITH JELLY AND QUARTERS OF APPLE

Peanut Butter and Fruit Rolls

jelly roll. Cut the roll into pieces about an inch and a half long. Set these



APPLES, DUCHESSE STYLE

Sift together two cups of pastry flour, half a teaspoonful of salt and four level teaspoonfuls of baking powder; work in one-half a cup of shortening, then mix to a dough with sweet milk (about half a cup of milk will be needed). Turn upon a floured board, and pat and roll into a thin rectangular sheet. Mix about one-third a cup of peanut butter into a tablespoonful of ordinary butter that has been beaten to a cream, and use this to spread over the dough; sprinkle with sultana raisins or dried currants; roll up like a

on end close together in a buttered baking pan. Bake about twenty-five minutes.

Apple Bavarioise, With Jelly

For this dish half an inch of bright-colored jelly is allowed to set in the bottom of the mold. For this half a cup of currant jelly, melted in half a cup of boiling water, may be used; to this add the juice of half a lemon and half a tablespoonful of granulated gelatine, softened in cold water. The same result may be secured by boiling a red apple or two, cut



MERINGUE OF RICE AND PEARS

in quarters, and the skin and cores of the apples used in the rest of the dish, in a little water until they are softened, then let drain in a cloth, pressing the bag slightly. To a cup of this liquid add the juice of half a lemon, one-third a cup of sugar and half a tablespoonful of gelatine, softened in four tablespoonfuls of cold water. When the jelly is set but not very firm, drop in the bavarirose mixture by tablespoonfuls. When unmolded garnish with quarters of apple cooked tender in a very light syrup. Boil down the syrup and serve in a bowl with the bavarirose.

Apple Bavarirose

Soften one tablespoonful and a half of granulated gelatine in one-third a cup of cold water. Press enough steamed apples through the sieve to measure one cup and a fourth. This should be quite consistent pulp; to this add the grated rind of a choice lemon, carefully washed, and the juice of two lemons, the gelatine softened by standing in hot water and two-thirds a cup of sugar. Stir until the sugar is dissolved, then stir over ice-water until the mixture begins to set, then fold in one cup and a fourth of double cream, beaten firm, and the mixture is ready for the mold.

Apples, Duchesse Style

Spread rounds, cut from slices of bread, with butter on both sides and let brown in the oven or sauté in a little hot clarified butter. Have ready, for each service, five balls cut with a French potato scoop from large sour apples that have been neatly pared. Let the balls cook in syrup until tender throughout, turning often to preserve the shape. Remove the cores from the remnants of the apples and let cook in a few tablespoonfuls of water until tender, then press through a fine sieve. For a cup of this apple purée take three-fourths a cup of sugar and the juice of a lemon and let cook, stirring often, to the consistency of marmalade. Spread the crou-

tons thick with the marmalade. Cut a short slit in the top of each little apple ball and insert a piece of angelica or citron for a stem. Dispose five balls on each crouton.

Meringue of Rice and Pears

Pour about a quart of cold water over a cup of rice, put over a quick fire and heat quickly to the boiling point, stirring frequently meanwhile. Let boil two or three minutes, drain, rinse in cold water and drain again; add three cups of milk and half a teaspoonful of salt and let cook until the rice is tender and the milk nearly absorbed; add the yolks of three eggs, beaten light, one-fourth a cup, each, of butter, sugar, cream and orange marmalade, chopped fine. Stir until the egg is set, then dispose on a serving dish in a mound. The rice should not be too dry, but it should not spread too much on the dish. Above the rice set about four halves of pears, bringing the mound to a dome shape with them. Beat the whites of the three eggs dry, then gradually beat in four rounding tablespoonfuls of sugar. Spread a thin layer of meringue over the whole, then pipe on the rest to form some design. Dredge with granulated sugar and set into a slow oven for about ten minutes to cook, and, finally, color the meringue. Set halves of pears around the base of the dish and serve at once. Serve the pear syrup, cooked with half a cup of sugar, as a sauce for the dish.

Muscovite Sherbet.

Press a can of choice pears through a fine sieve, and a can of grated pineapple through a cheese cloth, pressing out all the juice possible from the pineapple. If more convenient and a very fine sieve be used, the pineapple may be pressed through the sieve with the pears; add the juice of two lemons, two cups and one-half of sugar and two cups of cold water; stir until the sugar is dissolved, then freeze in the usual manner.

Menu for a Week in November

"To be wedded to your work is to live long and well."—Hubbard.

THANKSGIVING DAY

Breakfast

Fried Oysters, Piccalilli
Baking Powder Biscuit
Baked Apples, Coffee

Dinner

Tomato Bouillon Celery
Roast Turkey, Bread Dressing, Giblet Sauce
Cranberry Sauce Fruit Sweet Pickles
Boiled Onions, Buttered Sweet Potatoes,,
Southern Style
Creamed Brussels Sprouts in Timbale
Cases

Apple Bavarirose
Squash Pie. Preserved Ginger
Raisins. Nuts Coffee

Supper

Hot Crackers. Milk
Toasted Marshmallows

Breakfast

Hot Dates, Cereal, Thin Cream
Bismarck Rings, Toasted
Coffee Cocoa

Dinner

Boiled Leg of Lamb, Caper Sauce
Potatoes Creamed Cauliflower
Lettuce-and-Celery Salad, Chili Sauce
Dressing
Baked Indian Pudding, Whipped Cream
Half Cups of Coffee

Supper

Deviled Crabs
Fresh Made Bread-and-Lettuce
Sandwiches
Ginger Ale
Home Made Caramels

SUNDAY

FRIDAY

Breakfast

Cereal, Thin Cream
Salt Codfish, Creamed Baked Potatoes
Graham Muffins
Coffee

Luncheon

Stewed Lima Beans
Baked Apple Dumpling
Cocoa

Dinner

Cream of Celery Soup
Cold Roast Turkey
Scalloped Potatoes
Squash
Sour Cream Pie
Coffee

Breakfast

Lamb-and-Potato Hash
(with chili pepper)
Dry Toast
Doughnuts
Coffee Cocoa

Luncheon

Kornlet Soup
Apple-and-Celery Salad
Bread and Butter
Tea

Dinner

Shepherds' Pie
(left over lamb)
Squash Turnips
Apple Tapioca Pudding
Half Cups of Coffee

MONDAY

SATURDAY

Breakfast

Broiled Ham
White Hashed Potatoes
Cinnamon Buns
Coffee Cocoa

Luncheon

Turkey Soufflé or Croquettes
Canned String Beans
Poor Man's Rice Pudding
Tea

Dinner

Broiled Beef Steak
Mashed Potatoes
Stewed Tomatoes
Stewed Figs
Drop Cookies
Half Cups of Coffee

Breakfast

Bacon. Fried Potatoes. Dry Toast
Waffles, Syrup or Marmalade
Tea

Luncheon

Rice Croquettes, Cheese Sauce
on
Bread-and-Cheese Pudding
Stewed Tomatoes or Pickled Beets
Sweet Apples, Baked
Half Cups of Coffee

Dinner

Fillets of Haddock, Baked
Bread Dressing
Drawn Butter Sauce
Cabbage Salad, Mashed Potatoes
Apple Pie Cream Cheese
Half Cups of Coffee

TUESDAY

Wednesday

Breakfast

Cereal, Stewed Prunes
Creamed Haddock au Gratin
Mashed Potato Cakes
Baking Powder Biscuit
Coffee Cocoa

Luncheon

Tomato-and-Lamb Soup
Onions Stuffed with Nuts
Rolled Apple Dumplings
Tea

Dinner

Poêled Chickens, Cranberry Jelly
Mashed Potatoes
Macaroni, Italian Style, Celery
Cottage Pudding, Frothy Sauce
Half Cups of Coffee

Menus for Thanksgiving Day

DINNERS

I

Cream of Oyster Soup
Roast Turkey, Giblet Sauce, Cranberry
Sauce
Savory Rice Croquettes
Boiled Onions
Sweet Potatoes en Casserole
Mashed Turnips. Squash
Celery
Pumpkin Pie
Vanilla Ice Cream
Coffee
Raisins. Salted Butternuts

III

Consommé à la Royal
(plain royal custard, tomato royal custard)
Celery Hearts. Salted Pecan Nuts
Turbans of Halibut à la Comtesse
French Potato Balls, Boiled
(with butter and chopped parsley)
Philadelphia Relish
Roast Turkey, Giblet Sauce
Potatoes Anna. Baked Squash
Cauliflower au Gratin
Cranberry Frappé
Wild Duck, Roasted
Hominy Croquettes
Wild Grape or Black Currant Jelly
Thanksgiving Pudding
Little Pumpkin Pies (Hot)
Whipped Cream
Coffee
Nuts. Fruit. Raisins

II

Roast Turkey, Giblet Sauce, Sweet Pickle
Jelly
Scalloped Oysters
Creamed Onions
Mashed Potatoes
Squash au Gratin
Chicken Pie, Family Style
Lettuce, Chili Sauce Dressing
Cranberry Pie. Pumpkin Pie
Praline Ice Cream
Apples. Nuts. Raisins
Coffee

IV

Grapefruit Cocktail
Fried Oysters, Sauce Tartare
Roast Turkey, Sausage Cakes
Glazed Chestnuts
(boiled tender, basted with glaze, in oven)
Half-Glaze Sauce
Mashed Potatoes, Vienna Style
Cider Apple Sauce
Currant Jelly
Boiled Onions. Mashed Turnips
Roman Punch
Brioche Vol-au-vent
(filled with wild duck fillets in salmis sauce)
Pear-and-Pineapple Sherbet
Sponge Cake
Coffee
Fruit. Nuts

Supper for Twenty-Five Guests

Chicken-and-Celery Croquettes
(two-thirds chicken, one-third cooked celery)
Peas
Braised Tongue in Aspic Jelly
(with lettuce or cress and French dressing)
Small Parker House Rolls, Buttered
Bread-and-Butter Sandwiches
(Graham, white and entire-wheat bread)
Frozen Apricots
(1 can apricots, sifted, 1 quart water, 1 pint
sugar)
Lemon Queens
Coffee

Chafing Dish Supper

Sardine E'clairs
Olives. Celery
Creamed Chicken on Toast
Cranberry Tarts
Vanilla Ice Cream in Cups (Junket)
(with maple syrup and chopped nuts)
Peanut Butter Macaroons
Maple Bonbons
Coffee

Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

LESSON XIV

Keeping Fruit For Winter Use

WHEN the autumn brings the fruit harvest and we face the long season when all plant life sleeps, it is well to consider whether we may, in any way, store this abundance for use during the days of comparative want. Let the pupils tell you, from their experience outside the kitchen, what will happen to fruit and vegetables left to themselves and unused. Ask whether the same general result will not also occur in fish, meat, milk, eggs, etc. By what agency is all this brought about?

If you have access to a microscope, even young pupils will be interested to see some of the microscopic plants, called "dust-plants," which cause these changes. By comparing their conditions for life with those of large plants, it is possible to make the subject of fermentation clear, so far as it is wise to undertake its teaching or necessary to follow it in its relation to fruit cookery. The pupils may tell you that large plants require for growth:—

1. Air.
2. Sunshine.
3. Moisture.
4. Warmth.
5. Suitable soil.

For the one-celled, microscopic dust-plants must also be provided similar conditions, except air and sunshine. (Air is unnecessary for them and sunshine will destroy them.)

The pupils may make a list of the means which might be used for preserving fruits, by comparing ways in which large plants may be killed when they are poisonous or injurious. Let them give reasons why dust-plants cannot be "pulled up" and "thrown away." Why

may they not be "poisoned"? (Let them see that *disinfection* is a poisoning of dust-plants.) In what fruits, already studied, has the process of *drying* been used as a means of preserving? What is the effect of *cold* upon vegetation in general? Does it really kill or only retard? Compare the effect of heat.

After fruit has been boiled, so that all the original dust plants in it or upon it have been destroyed, it is necessary in some way to prevent their reappearance. Let the class explain the uselessness of boiling tomatoes and letting them stand in an open bowl or saucepan upon a table, in even the cleanest place. Recall the dust which may be seen floating in any ray of sunlight, as well as the dust which settles so constantly and rapidly upon recently dusted articles of furniture. No ordinary air can be free from dust or from the dust-plants which the dust contains, so *all* air must be excluded from our boiled fruit, in the process of preserving or canning.

Canning is a process of preserving, whereby fruits or vegetables are preserved by heat and air-tight sealing, with very little sugar or none. The presence of sugar helps to keep the fruit and a large quantity of it, as we shall see later, acts, in itself, as a preservative. In canning, we begin by preparing the jars, so that there may be no living dust-plants within them, nor upon the covers. Before preparing the jars, fit them with *new* rubber-rings and test to see that they are air-tight, by filling them with water, sealing, wiping absolutely dry and inverting. Remember that where water can come out, air, with its unfriendly accompaniments, can enter. It is well

to give some general rules for all sorts of canning, before giving specific recipes for different kinds of fruit.

General Rules for Canning

I. See that the jars are in good condition, that they contain no cracks, or splinters of glass in the bottom.

II. Fit with covers and rubbers and test to see that the jars are air-tight.

III. Wash the jars and covers very thoroughly.

(Why not reverse the order of these two rules?)

IV. Put the jars and covers into a pan of cold water to cover them and bring the water to the boiling point. Do not boil the rubber rings.

(Why not put the jars at once into boiling water? Why must not the rings be boiled?)

V. Prepare the fruit, according to its kind.

VI. Empty the jars when they have boiled several minutes, replace the rings (dipped in the boiling water) and leave the jars standing in boiling water during the filling. (Give two reasons for this.)

VII. Fill the jars to overflowing with the boiling fruit. Press out with a silver fork, any air bubbles which may be caught between the pieces of fruit or against the sides of the jar.

(Why must the fruit be still boiling? Why must the jars overflow? Why must the bubbles of air be driven away?)

VIII. Put on the hot covers, seal at once and remove the jars from the heat.

(Do not cool them too rapidly. Why?)

IX. Invert the jars to see that they are air-tight. Let them stand inverted till they are cool.

X. Wipe the jars, label and put away in a cool place.

To illustrate canning without sugar, by boiling and sealing alone, canned tomatoes may be prepared.

Canned Tomatoes

Wash the tomatoes and remove the stems. Scald the tomatoes, to remove

the skins, then cut into pieces and boil, with a very little water, until the tomatoes are entirely tender. Skim, if necessary, during the boiling. Can by the general rule. (The tomatoes may be kept whole, but it makes the process longer and more uncertain. It seems a little difficult for beginners.)

To illustrate canning with the use of sugar, prepare peaches or pears.

Canned Peaches

Wash the peaches carefully, scald to remove the skins and cut out any soft or poor places. Cut the peaches into pieces of the desired size or cook them whole. Let them boil until tender in a syrup made with one-half as much sugar as water, then can by the general rule. The stones may be cooked with the fruit and canned with it, if the flavor is desired. The syrup may be made more or less sweet, according to taste and the sweetness of the peaches.

Ginger Pears

Wash the pears thoroughly and pare them. Remove the cores and cut into quarters, lengthwise. Prepare a syrup as for peaches and cook the pears in it until they are tender. Can by the general rule. Pears are apt to be so mild in flavor that it is often well to add a few slices of lemon and of root ginger, during the cooking. These may be placed in the jars or, omitted in the process of canning, afterward.

The process of jelly-making illustrates the addition of much sugar to fruit juice. This is why jellies may mould, if not properly protected, over the surface, but will not ferment. Either crab-apples or grapes may be made into jelly, according to the fruit to be found in the market. After the juice has dripped without pressure, to make a "first quality" jelly, a second grade, less clear and more like jam, may be prepared by pressing through some of the pulp, with the remaining juice.

General Rules for Jelly

I. Prepare the glasses and let them stand in hot water during the filling.

II. Prepare the fruit, according to the kind.

1. Grapes, wash carefully and remove the stems.

2. Apples, wash and cut into quarters. Remove the poor parts. Do not pare or core.

3. Currants, barberries, wash and remove the stems.

4. Choose fruit not too ripe.

III. Cook the fruit, in enough water to prevent burning, until it is very soft.

IV. Strain the juice through a jelly-bag or double cheese-cloth. Measure this juice and measure three-quarters as much sugar.

V. Warm the sugar. Let the juice boil again and thicken.

VI. Add the sugar and boil until a drop of the syrup will form into a jelly on a cold plate. Skim if necessary.

VII. Pour into the hot tumblers.

IX. Cool, cover with melted paraffin

and label.

What are other forms of uncooked preserves, where much sugar is added? What are the disadvantages of preserving with a large amount of sugar? What sort of kettles or saucepans must be used in preserving? What kind of spoons for stirring and what forks for trying the tenderness of the fruit? If the jar cover is not made of glass, with what must it be lined? Why must no metal, save silver, touch the fruit?

Consider with the pupils the wisdom, desirability and economy of much preserving. When the fruit and sugar, time, labor and heat are reckoned, is it best to rival the old-fashioned store-closet, with its shelves loaded with delicacies for the winter? Let the pupils see that, in these days of rapid transit and cold storage, it is perhaps better to enjoy the natural winter fruits which our grandmothers knew only as luxuries. A well-filled preserve closet, like a neatly ordered wood-pile, is a thrifty adjunct, in its place, but a foolish encumbrance, if unnecessary or out of proportion.

Novel Ideas from Leading Cafés

By Julia Davis Chandler

It often pays to learn how to make unusual dishes such as fathers, brothers and husbands describe and speak of as favorites of theirs at clubs, restaurants and hotels.

To be sure one may eat such and yet have quite vague ideas as to the way they are made.

The recipes are not necessarily elaborate nor the ingredients too novel and costly for people of only comfortable means. On the contrary, sometimes it is *just the knowing how* to combine things and the science of simple processes followed in the right order that make a dish superior.

One may learn a great deal by looking over the menus of public entertainments

and the bills of fare from leading restaurants, especially those of large cities. Novel suggestions come from this study and many of the articles employed come canned, bottled, or pickled; for instance, shrimps, chutney, curry powder, guavas, truffles, caviar, boned larks, Norwegian ptarmigan, etc., etc.

Consider a bill of fare from New York City. Passing over the first "Hors D'Oeuvres De Luxe," including such things as truffled pâté de foie gras, anchovy, etc., also both "Shellfish" and "Fish," with everything from Rock-aways to imported sole à la Normande, cold salmon with sauce ravigotte to fried scallops with sauce tartare, and crab croquettes, then through "Soups," a list

enumerating green turtle with sherry, and many other choice kinds, one comes to escargots bourguignonne, (snails in Burgundian style); this explanation in parenthesis preventing some American patron from ordering what he might not relish, since snails are not beloved by many outside of France. Astrakhan caviar, truffled goose liver, terrapin à la Maryland, and finnan haddie, cooked with green peppers à la Dewey, suggest a good appetite, and its satisfaction.

And so the list goes on down long pages,—those ready to serve and those to order only, but from them all can be obtained not only ideas for a fine meal, but suggestions for something new to have at home.

Suppose we say *vol au vent* of chicken—surely any good kitchen has the materials for the pastry for a big open pattie, to be filled with chicken-breasts in a cream sauce, with some mushrooms in it, if liked, if not then some hard-boiled eggs, sliced and laid around the rim, and some yolks powdered and sifted over the top, with garnishes of parsley. Here, too, is broiled saddle of rabbit with *purée* of chestnuts; does this not suggest the wild woods and a hunter's appetite?

It takes the best part of a dollar for a dish of mushrooms cooked "*sous cloche*"—under a glass, and then, too, there are mushrooms *sauté*. Almost any summer boarder, villager, or farmer's family may have these delicious dishes by searching the fields and woods in the summer and autumn, for scarcely a walk but what yields something for the table, when once the edible fungi have been safely learned. On the bill of fare are *côtes et pimentoes à la provencale* which sounds very novel and foreign, but canned *côtes* are to be had at the leading grocers. They are a very meaty mushroom,—a variety having pores instead of gills beneath the cap; they belong to the *boleti* group of mushrooms.

American foods are not put aside for foreign delicacies; see, here are veal chops with *estragon*. This means veal

chops *sauté*d and flavored with *estragon*, which we, in English, call tarragon, an herb easily cultivated from the root. The leaves are usually infused in vinegar and this vinegar is used for salads etc., even for humble boiled beets. Then there is fresh goose liver with mushrooms, and squab-chickens and broiled guinea hen, and chicken livers *en brochette*,—cooked on a skewer with slices of bacon between.

Beside all the steaks with famous sauces and accompaniments, and omelets with fillings of many kinds, and favorite orders such as the ever-popular club sandwiches, hot roast beef sandwiches, Welsh rabbits,—and even prosaic liver and bacon, and sour kraut. Looking along, we find all the foreign cheeses such as Roquefort, Brie, Camembert, Port du Salut, Pont l'Eveque, Gruyere and Gorgonzala; my! my! my! why did they leave out good old Dutch Edam? What is better than it with Bent's water crackers and a cup of coffee, perhaps a little damson jam, too!

Thinking of cheese makes one look at salads, and here are novel ones, obtainable only where French gardeners supply the place,—chicory, *barbe de capucin*, endive, and, oh, what is this? "*Meli-Melo*," a new and puzzling name suggesting something between Chinese, Phillipine and Esperanto tongues,—possibly it means honey and melange, a mixture of sweets? A honey salad,—if that is what the name means,—is not an impossible thing. Honey is a delicious dressing for fresh figs and some berries. And having glanced through the salad list, there come desserts that make a boarding-house dinner a positive hardship and a family meal none too good. Beside all the fine plum puddings and Charlotte Russe and cakes, here are French pancakes with guava jelly; or brandied cherries, brandied figs or prunes. These fruits, ice-cold, with fancy cakes, are delicious and especially good for the emergency shelf of the house-keeper.

Figs Mephisto must be deviled, surely something spicier than *euchred* figs!

A glass of crème de cassis fits in almost anytime, either as a pick-me-up when weary from shopping or journeying, or as a finish for luncheon with thin crackers and cakes. It is a cordial of black currants which can be made anywhere that black currants grow; but a great deal of it is made in France, and in Dijon it is claimed that people are expert in making the best.

On lists such as this we are considering there are fancy ices such as biscuit tortoni, nesselrode pudding, and others, such as are usually made by professional hands, but many of the fancy coupes or cups may be prepared at home by ordering vanilla ice cream and making fancy sauces which convert it into the above mentioned cups or sundaes; whipped cream, macaroons, nut meats, marrons, brandied fruits, etc., are called for often, although simple chocolate sauce, or sherry sauce, are very acceptable.

Surely the above suggestions are sufficient to make even an ambitious hostess, who is well supplied with funds, keep busy for a time thinking over combinations, and making out a list of supplies.

Always remember, when reading recipes, that what is a luxury in one place may not be in another, for while some readers of cookery magazines are looking out upon Vermont snow banks, and the henhouses are hanging with icicles and no eggs in evidence, others may be eating strawberries in Florida and have plenty of eggs to make an angel cake.

Artichokes, the globe or French artichoke, not the tubers, are a costly luxury in some cities, while in the South they grow freely and are mentioned in the U. S. Army Cookery Book. In the canned form they are less expensive,—just the hearts, the choicest part, being canned. Shrimps are fifty cents a pound in some markets, in winter, while along the Gulf of Mexico one may catch them freely from Mobile to New Orleans. Even a poor laborer or hardworked farmer may find a tortoise and so have a rich snapper soup almost as fine as terrapin, and many a country lad secures frog's legs, a dish much esteemed by epicures.

Only think, and look about you, and ideas in plenty will flow in to your mind, so that you will have no difficulty not only in feeding the brute, but in pleasing him as well with what he has to eat, especially if he provides the wherewithal,—a big *if* sometimes. A capable housekeeper knows, however, that luxuries are sometimes true economies. And by taking a personal interest in the kitchen she can save enough from being wasted to buy seasonings and condiments from abroad, the delicacies that give style to her dinners; and, by studying to *know how*, she can transform simple things into choice dishes. The range of gastronomic lore is great; throw zest into the work, put on your thinking cap before you don an apron and the results will repay you.



The Veranda Girls

By Virginia Church

Part II.

In Which Doll Fallows Gives a Colonial Luncheon

I KNEW as soon as we received the cards, that Doll was planning a costume luncheon because at college she was always quite daffy about "dressing up." My card read:—

"TO MISTRESS KATHERINE CARTER.

GREETINGS.

At the home of Mistress Dorothy Fallows, on ye Lakewood Road, of ye Highlands of Newton, on Wednesday ye tenth day of October at one of ye houre of ye clocke, there will be served to ye faire and daintie mistresses of ye Verandar Club, a luncheon to which Miss Katherine Carter is right heartily invited."

I tore to the telephone and, when central told me the line was "busy," I knew Chrys or Sue had beat me to it. When I did get Doll, she said, "Yes," we were please to dress the part, not to go to a lot of trouble, of course. At which I grew sarcastic and said, "oh no, certainly not, just work ourselves to death for the next week and then parade through the streets looking like an opera troupe hitting the tracks." Then Doll, in that honeyed tone that she uses, said that, of course, if it was too much trouble, we mustn't think of it, but that Chrystabelle had promised to call for us in her automobile and we'd be wrapped up in our coats and scarfs and things. I snapped her off with, "nobody said anything about trouble, you idiot," hung up the phone, and went to consult mother. She sent me to the library for a book on Colonial costumes and by the use of two old pink organdies that I had discarded with the approach of Fall, we copied one of the pictures very accurately, so that I had a rather effective dress.

Sue made hers out of green tarleton and mother helped her drape it. Sue

is all curls and dimples and fluff and looked like a Christmas doll or one of the little shepherd figures they stick on cakes at holiday time. When Chrys came by for us, we made her get out and unwrap, so mother could see her and, of course, as we expected, her costume was the pink of perfection. I don't mean it was pink,—it was blue satin and white satin, embroidered in pearls, and she wore white satin slippers with blue heels, and pearls woven in her hair. She had rented it,—the costume, not the hair—from a fancy-dress man in Boston, and it was the most gorgeous thing ever. We all had our hair puffed and powdered and wore those fascinating little patches on our painted cheeks.

I confess right here I felt very much like a goat and quite out of my element. I'm too rawboned and angular to effect my lady graceful. It's sweaters and short skirts for mine. I was in mortal terror all day for fear the hoops would make me think I was in a circus and I'd jump through. I was rather proud of myself that I came out of the ordeal as well as I did. There were only a few trailing threads of organdie to mark any wreckage. Chrys hurried us off and the big auto whizzed us to our destination.

Doll's house, as I said before, is a beautiful old-fashioned home, sitting far back from the street, almost completely hidden by green trees. Doll was in the hall to greet us, and, honest, a luncheon isn't supposed to be a solemn affair, but even I was subdued by the dim, quiet house and our spirit-like hostess. It seemed as though she must have stepped down out of one of the portraits that lost themselves in the dark backgrounds on the

wall. She was in grey satin, not the glarey modern stuff, but a rich satin that had been mellowed by age. It didn't take an archaeologist to tell that she was the real article, dress, lace, high-comb and all. We were struck dumb for so long that Doll, after she had given herself the satisfaction of the effect she had created, burst out laughing and broke the spell.

I pummeled her to assure myself of her reality and we laid off our wraps amid the greatest hilarity and exchange of compliments. We went right in to dinner for, in ye olden days, it was dinner, not lunch, and here again we became animated exclamation points. The polished mahogany, the Sheffield plate and the precious blue china, hundreds of years old, and because they didn't have "courses" in colonial days, all the dinner was on the table at once.

And what a dinner! We proceeded to make gourmands of ourselves forthwith and an ambulance would have been a more fitting vehicle to carry us home than a jouncing automobile. We didn't have menus, of course, but I'll try to give you some conception of the abundance, and one or two recipes that Doll, at my request, copied afterward.

There was fried chicken, Maryland—that means chicken floured lightly and fried in butter to a crisp brown. There was cream gravy, made with real cream. There was cold, boiled Smithfield ham, carameled sweet potatoes, southern batter bread, hot Sally Lunn, biscuits, all kinds of jellies and pickles. In the center of the table was a huge dish of fruit, flanked on either side by two enormous cakes. For dessert we had mince pie, the luscious, thick, spicy kind, frozen egg-nog and cake.

The recipes that were different from any I'd ever heard of and quite too good to be missed, were:

Southern Batter Bread

Scald two cups of white corn meal, two and one-half cups of boiling water. Allow to cool. Mix together the yolks of two eggs, two tablespoonfuls of melted butter, one teaspoonful of salt, two cups of butter-milk into which has been dissolved a teaspoonful of soda. Stir this into the corn meal, and fold in the stiff-beaten whites and bake in a moderate oven forty minutes.

Carameled Sweet Potatoes

The sweet potatoes are first boiled, then peeled and sliced lengthwise, and put into a baking pan with half a cup of water. On each slice put a small piece of butter and sprinkle a generous supply of brown sugar over the whole. Bake until well browned.

Sweet Stuffed Cucumber Pickle

Take large cucumbers from the brine, soak, boil in water and when cold, slit down one side and remove the seeds. Stuff with the following mixture: one pound of seeded and chopped raisins, one pound of chopped citron, one pound of currants, two tablespoonfuls of cloves, six tablespoonfuls of white mustard, one tablespoonful, each, of cinnamon, mixed spice and nutmeg.

Frozen Egg Nogg

Heat two cups of cream over hot water. Beat the yolks of four to six eggs, into which stir one cup of sugar and a pinch of salt. Stir the cream into this gradually, allowing it to remain over the hot water until it thickens ever so slightly; strain into a cold dish. When the mixture is cold stir in a pint of cream, pour into freezer and freeze. When half frozen add one-third a cup of good brandy and two-thirds a cup of sherry and continue to freeze until stiff.

CONTINUED ON PAGE XX



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Where to Shirk

STATISTICS show that only ten per cent of the housekeepers of this country employ help. The other ninety per cent carry the burden of the daily round of household work, without outside assistance. Statistics do not show how many women of this ninety per cent are wearing themselves out over the non-essentials, or how many are endangering the health and happiness of their families by leaving undone things which should be done.

There is a happy medium between over-conscientiousness and shiftlessness. As one wise mother used to say to her daughters, "learn to shirk." That is the only way a housekeeper can get the best out of life.

How many minutes each day do you waste wiping dishes? Either minutes of your own, or of one you employ, if you are one of the favored ten per cent? Suppose it is only ten minutes per meal, —a low estimate for an average-sized family, and the average rate of speed at which most housework is done. Even at this low estimate, in the course of one year you have used up one hundred and eighty-two and one-half hours!

What might you not have done with that hundred and eighty-two and one-half hours! You might have had a half hour each day for rest and reading, and been fresher and happier when your family came together at night. You might have spent the time in study and had something added to your store of

thoughts. Or if your work is so systematized that you already have time for rest and study, how much help you might have given others, in that half hour each day.

Don't wipe dishes! Wash in hot soapy water—put in dish drainer, each dish as nearly upright as possible, and pour hot water over them to rinse thoroughly (or spraying with hot water is better) Polish the glasses and silver and put them away. Cover the rest of the dishes with a clean tea towel and set aside on the drain board, and before the rest of your morning work is done the dishes will be dry.

Dish drainers with a compartment for silver can be purchased. One housekeeper wired an ordinary drainer so that it had compartments for plates, cups, etc., and each dish was held in such a position that it could be easily and thoroughly rinsed with hot water poured or sprayed over it. If one drainer will not hold all the family dishes, use two drainers.

Don't wipe dishes! Try this plan and be richer by one hundred and eighty-two and one-half hours per year. E. B. R.

* * *

THERE is a very good fashion here in southern California of using drinking water that has been cooled only by evaporation. I daresay it was borrowed from Mexico where it is universally prevalent. Indeed, the jars for holding the water keep their Spanish name "olla." They are of various sizes

and shapes, from the coarse jug with its mouth capped by a gourd drinking-cup, such as workmen have in shop or field, to the fine ware and graceful shape used in the homes of the well-to-do.

There is another pretty custom here, though unfortunately it could never come into vogue, however persuasively set forth. During the weeks that orange trees are in blossom, the flowers are used for afternoon tea. The tea is made as usual, preferably of the lighter brands of green tea—not too strong—and it is poured hot on the flowers dropped into a cup. The strong but delicious perfume is a surprise and delight. A thin slice of cumquat or even of loquat is sometimes used, but the real tea-lover rather disdains these intrusions. It is not at all bad to make a tea of the blossoms themselves, as the Chinese do, letting two to four blossoms steep a few minutes in a covered cup of hot water. It will be welcomed by those whose nerves do not allow them to take tea. Perhaps someday we shall be wise enough to take a lesson from our French and other friends who make such good use of linden blossoms and of sweet herbs.

A. F. C.

* * *

A RECIPE for Tutti-Frutti was called for. The only recipe available to us was sent in with the information that we had not tried it, but that it had given satisfaction to several who had used it. The following note from the subscriber who asked for the recipe is printed here in connection with the original recipe, that those who wish may note the changes necessary to bring about satisfactory results.—*Ed.*

Tutti Frutti

Put one pint (?) of brandy into a stone jar and add the various fruits as they come into the market; to each quart of fruit add the same quantity of sugar, and stir the mixture each morning until all the fruit has been add-

ed. Raspberries, (?) strawberries, apricots, peaches, cherries and pine-apples are the best to use.

As a contribution towards your Tutti-Frutti information I would say: one pint of brandy did not prove sufficient, so to save it we added another pint. Peaches and bananas, also, will *not* keep, otherwise our jar is full of the most delicious and perfectly beautiful, clear, red syrup and well preserved fruit. *Currants*, also, are not good, as the seeds get through the syrup and are like little pieces of wood.

I N regard to chocolate icing which I learned to make from directions given in this magazine, I have made one or two discoveries, which are not only labor-saving but quality-improving. For a small cake I use one cup of granulated sugar, one-fourth a cup of hot water, in which one-eighth a teaspoonful of cream of tarter has been dissolved, and two tablespoonfuls of grated, bitter chocolate. Put all these in a stew-pan and mix well. Then allow the ingredients to boil, without stirring, until the syrup spins a thread three inches long. Have the white of an egg well-beaten and pour the hot syrup in a thin stream upon it, beating continuously all the time. If the stew-pan is elevated some little distance above the bowl containing the egg, the syrup will be sufficiently cooled so as not to cook the egg. If the icing is a little slow in thickening, place the bowl which contains it in a vessel of cold water, and keep on beating. This will soon bring it to the desired consistency. Now is the time to add one-fourth a teaspoonful of vanilla, as the lowered temperature of the icing will not cause the delicate flavor to evaporate. Before icing the cake, have a cup of cold water at hand, into which the knife-blade should be dipped before each application. If the icing thickens too much before all is put on the cake, beat into the remainder a teaspoonful or two of cold water until thin enough to

apply. If icing looks rough and a smooth appearance is desired, the wet knife-blade will remove all unevenness.

This icing is not only of a cheese-like consistency like good fudge, but it remains moist for several days and does not crack or break off when the cake is cut.

Note: Probably two rounding tablespoonfuls of chocolate are used. After the frosting has been beaten until cool enough to use, pour it over the cake, then with a silver knife, return what runs off to the *sides* of the cake, but do not disturb the top. If the frosting is undisturbed, it will present a glossy appearance. If the frosting on the sides is manipulated two or three times as may be necessary, it will lose its glossiness. This will not, however, change the texture or the taste of the icing.—Editor.

* * *

A New Filling for a Holiday Cake

Allow one cup of raisins to simmer gently for an hour or more, or until perfectly tender, then drain until free from water. Bake a two-layer cake; ice the lower layer with chocolate frosting, then cover it with the cooked raisins. Next, ice the bottom of the second cake and place it upon the raisin-covered first one. Finish by icing the top and sides of all the cake. When the cake is cut, there is a jelly-like raisin filling between two layers of chocolate, which holds together without any trouble.

The flavor of the raisin filling may be varied by adding one tablespoonful of lemon juice or two tablespoonfuls of grape juice to them, as they simmer. Some like the addition of chopped pecans or almonds, added to the raisins before spreading on the cake.

E. M. V. H.

* * *

A Fishing Party

IT is always a pleasant occasion to gather a company and talk over the good times, past and present. For a centerpiece for such an occasion get a large roasting pan—the larger the better—and also the shallower it is, the more easily it is covered. Have vines and

flowers around the edges to take on the appearance of a lake. Rocks may be attractively arranged, with mud turtles and fishermen sitting on them. Have several tiny boats on the water and dolls dressed as fishermen in the boats and on the banks. The dolls may be labelled, thus furnishing much amusement. For instance, have one unsuccessful fisherman of the crowd represented as trying to land a large fish and have beside him a number of the hugest kind of fishes. Have one fisherman catching crabs and tin cans, etc., etc.

Before partaking of the menu, serve fish-shaped cards on which is written one of the following conundrums, and at the table have similar fish-shaped cards bearing the answers. Or this may be used as a contest later in the evening.

1. What fish is found in every band? (Drum.)
2. What fish is served with meats? (Jelly.)
3. What fish is worn by officers in the army? (Sword.)
4. What fish is a household pet? (Cat.)
5. What fish forms a resting place for birds? (Perch.)
6. What fish accompanies the hunter? (Hound.)
7. What fish represents the earth? (Globe.)
8. What fish is not on the planet? (Moon.)
9. What fish is found among royalty? (King.)
10. What fish guides the ships? (Pilot.)
11. What fish was once used as a military weapon? (Pike.)
12. What fish is a man's solace? (Pipe.)
13. What fish is a destroyer of ships? (Torpedo.)
14. What fish is a good sailor? (Skipper.)
15. What fish is prominent in winter sports? (Skate.)

17. What fish is immortal? (Sole.)

An interesting contest for amusement some evening is "a variety of Teas." Tell the guests that by removing the first letters of the following words other words will be formed.

1. A symbol of grief which decapitated leaves a part of the body. (Tear—ear.)

2. To impart knowledge and a synonym for everyone, two or more. (Teach—each.)

3. To deride, when cut off leaves a near relative. (Taunt—aunt.)

4. A narrative when decapitated leaves a drink. (Tale—ale.)

5. A misstep and a place torn. (Trip—rip.)

6. Three united, and a coffee. (Trio—Rio.)

7. A correct statement and a girl's name. (Truth—Ruth.)

8. A beaten path and a display. (Track—rack.)

9. A village and a possessorship. (Town—own.)

10. To trail and storm. (Train—rain.)

11. To ensnare and a gentle knock. (Trap—rap.)

12. A change of direction and a small utensil. (Turn—urn.)

13. A quick jerk and an uncanny personage. (Twitch—witch.)

14. To twist and a beverage. (Twine—wine.)

15. To upbraid and cleverness. (Twit—wit.)

16. To work and a lubricant. (Toil—oil.)

H. H. H.

* * *

Magazine Bazaar

THE "Magazine Bazaar" recently given is worth describing. The placards announcing it, which were displayed in various public places, were made to imitate magazine covers. The door leading to the rooms was decorated to represent

Current Literature,

which gave an idea of what was inside. A portière leading to the dining room, where a chicken dinner was served, was painted on unbleached cotton in exact imitation of *The Boston Cooking School Magazine*.

Each booth represented a magazine, and something in keeping with the title was offered for sale. I will give an outline of the wares, but many others could be added.

Home Needlework—All kinds of fancy work and embroidery.

St. Nicholas—A real Santa Claus was on duty here and sold holly and other Christmas greens, colored tissue papers and ribbon, Xmas seals, tags and labels.

Youth's Companion—In the interest of the children, toys, dolls, picture books, games, etc., were sold.

Black Cat—The Black Cat brand of hosiery was sold here and a real witch (as far as costume went) presided over a huge cauldron which was really a grab-bag.

Travel—Post cards, traveling cases, traveling clocks and other articles used for going away were sold here.

Country Life in America—Cut flowers, potted plants and ferns, vegetables, buttermilk, cottage cheese, and seeds.

Woman's Home Companion—Aprons, from small fancy affairs to huge kitchen aprons.

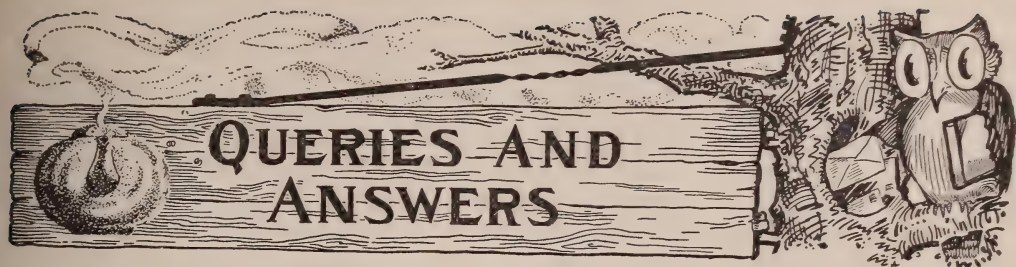
Holland's Magazine sold tulip bulbs and served Dutch cocoa in Delft blue cups.

Smart Set—Cotillion and dinner favors, dinner cards, luncheon novelties, and candle shades.

The side issues were profitable; a small boy was dressed as a "sandwich man" between copies of *The American Boy* and sold pop corn.

"*A Modern Priscilla*" sold various linen articles, which were displayed on an old-fashioned spinning wheel.

At each booth subscriptions to the various magazines were solicited.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1763.—“For what purposes may a spatula be used?”

Uses of a Spatula

It would not be easy to enumerate all the uses to which a spatula may be put while cooking. It is often used for mixing purposes, but to us this does not seem a fit use on account of its flexibility, which is one of the chief characteristics of a good spatula. A spatula is invaluable in scraping cake and similar mixtures, and whites of eggs, or cream, beaten firm, from the mixing or other bowl; is lifting cookies or doughnuts from the board, and cookies from the baking pan; in turning potato or fish cakes, sautéed in a small quantity of fat; in turning griddle cakes; in rolling and turning out an omelet; and in shaping and covering croquettes.

QUERY 1764.—“Recipe for making Cranberry Jelly.”

Cranberry Jelly

Cook one quart of cranberries and one cup of boiling water, in a covered dish, over a quick fire, until the skins burst. It will take six or eight minutes, and the cover must be lifted several times, to avoid the “boiling over” of the fruit. Set a gravy strainer into the top of a deep dish—part of a double boiler is appropriate—into which it fits, and with a wooden pestle press the pulp through the strainer, leaving the skins. Into the pulp stir two cups of sugar, and continue to stir until the sugar is melted, then pour into a dish.

QUERY 1765.—“Recipe for Aspic Jelly, also for Coffee Cake or Cinnamon Bun.”

Regarding Aspic Jelly

Aspic jelly is made from clarified meat broth solidified somewhat with gelatine. A two-ounce package of gelatine, soft-end in a cup of cold water, is used to each five cups of broth. Consommé, having been clarified, and water with meat extract being transparent, can be made into aspic by simply the addition of gelatine. Meat broths must be flavored with vegetables, sometimes with wine, freed from fat and clarified with whites and crushed shells of eggs. Aspic made from chicken or veal is of a very delicate color. Consommé gives a darker color and beef broth the darkest of all.

Gelatine in Aspic Jelly

The general rule for aspic jelly is a two ounce package of gelatine softened in one cup of cold water for each five cups of broth. This gives a jelly firm enough to hold whole eggs, slices of tongue or chicken or similar solid substances in an upright position after unmolding. It is also firm enough for croutons. But, save for some special dish, when looks are more desirable than gustatory properties, a jelly that will not “hold its shape” is far more desirable. Aspic jelly in all forms should be served very cold. As flavors are apparently lessened by the chilling process; all broths used for aspic should be strong-

ly flavored with the foundation article or such vegetable or wine or herb as is desired in the particular case in question. The qualities of a good aspic jelly are strength of flavor, transparency, and delicacy, as opposed to solidity. Of course, when garnishing with aspic triangles or other shapes, solidity is indispensable.

RECIPES

Aspic Jelly from Consommé

5 cups of <i>cleared</i> consommé	atine
1 to 2 ounces of gel-	$\frac{1}{2}$ to 1 whole cup of cold water

The quantity of gelatine to be used depends on the solidity desired in the finished product. Proportion the water to the gelatine taken. Let the gelatine stand in the cold water until the water has been absorbed, then pour on the consommé, heated to the boiling point, and the mixture is finished.

Aspic Jelly from Uncleared Stock

5 cups of broth freed of fat	$\frac{1}{2}$ to 1 whole cup of cold water
1 to 2 ounces of gelatine	3 whites of eggs
	Several shells of eggs

Soften the gelatine in the cold water. Beat the whites of eggs slightly. Crush the shells. Mix the whites, shells and softened gelatine with the stock, and stir constantly over the fire until the boiling point is reached. Let boil five minutes. Draw to a cooler part of the range to settle, then strain and it is ready to use. The thin yellow peel of a lemon may be added with the other ingredients, or wine may be added, after clearing.

Delicate Chicken Aspic

Clean a chicken about a year old; separate into joints, wash carefully, cover with cold water and heat *quickly* to the boiling point, then let simmer until tender. Strain off the broth—through a napkin. Season with salt and pepper and it is ready to set aside to

chill and use. Two stalks of celery and an onion may be cooked with the chicken if desired. This variety of aspic is particularly good to serve around any cold dish in which chicken or veal are used.

Coffee Cake

1 cup of scalded milk	shortening
1 cake of compressed yeast mixed in $\frac{1}{4}$ cup of water or $\frac{1}{2}$ a cup of liquid yeast	$\frac{1}{4}$ a cup of sugar
Flour for a sponge	$\frac{1}{2}$ a teaspoonful of salt
$\frac{1}{2}$ a cup of melted	1 or 2 eggs
	Grating of lemon rind
	Flour
	Sugar and cinnamon

Make a sponge of milk, yeast and flour as needed; when light add the other ingredients with flour to make a soft dough. Knead and set aside to become doubled in bulk. Turn upside down on a board lightly floured, and roll to fit a shallow pan. When again light, brush over with milk, or beaten egg, diluted with milk, sprinkle generously with sugar and cinnamon, mixed, and bake in a quick oven.

QUERY 1776.—“Recipe for Orange Marmalade that is not bitter as is some of the imported varieties. Also a recipe for Sauce Tartare used for Fish.”

Orange Marmalade

Take one dozen oranges and four lemons; cut each fruit in quarters and slice the quarters through pulp and rind as thin as possible, *discarding all seeds*. Weigh the prepared fruit, and to each pound add three pints of cold water. Set aside for twenty-four hours. Let boil gently until the rind is perfectly tender (it will take six or more hours), then set aside until the next day. Weigh the material and to each pound add one pound of sugar. Let cook until it thickens enough to hold up the peel. The mixture will thicken still more on cooling and care must be taken not to cook it too much. Stir occasionally, while cooking, to avoid burning. Store in jars. With a small hard wood board upon which to rest the fruit and a thin, sharp knife, the slicing is quickly done.

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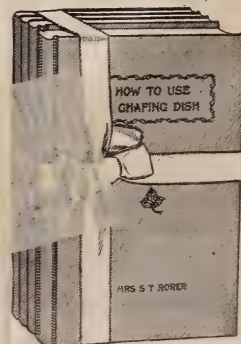
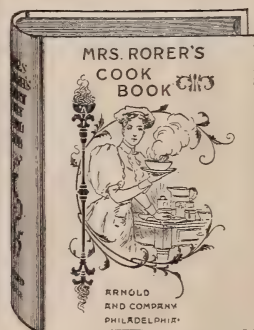
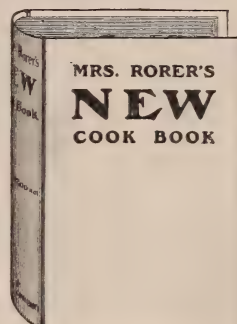
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THE BOSTON COOKING-SCHOOL MAGAZINE

Vol. XVI

DECEMBER, 1911

No. 5

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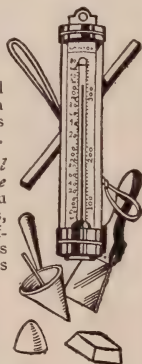
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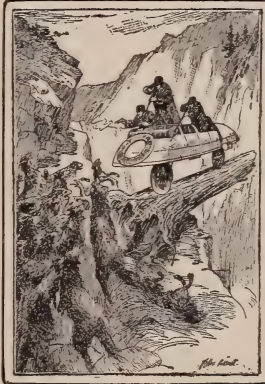
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As the marmalade is made by weight, any number of oranges may be used, allowing one lemon for each three or four oranges. Use all the water designated. When bitter marmalade is desired, soak the orange seeds overnight in cold water, let cook an hour or more and add the water drained from the seeds to the other ingredients.

Sauce Tartare for Fish, Etc.

To a pint of mayonnaise sauce, made with mustard, add a shallot, chopped exceedingly fine, one-fourth a cup, each, of fine-chopped capers, olives and cucumber pickles and two tablespoonfuls of fine-chopped parsley. A slice of mild onion may replace the shallot.

Mayonnaise Dressing

(Quickly made without danger of separating.)

1 yolk of egg	2 tablespoonfuls of
$\frac{1}{2}$ a teaspoonful of salt	vinegar or lemon juice
$\frac{1}{4}$ a teaspoonful of pepper	1 cup of olive oil
	2 tablespoonfuls of boiling water

Beat the yolk of egg; add the salt and paprika and beat again, then, use an egg-beater, and beat in the vinegar or lemon juice; beat vigorously, then add a teaspoonful of olive oil and continue the beating; add oil, a teaspoonful at a time, three or four times, beating vigorously meanwhile, then add the oil by the tablespoonful, until a cup in all has been used. Finish with the boiling water, beating it in, in the same manner as the oil. By adding all the acid to the yolk before oil is used, the egg-beater may be used from the beginning and the larger surface over which the oil is spread lessens the liability of the mixture to curdle. The boiling water at the last also assists in preventing the "turning" or curdling of the sauce after it has been set aside. After the sauce is mixed cover with an earthen dish and set aside in a cool place. The sauce will thicken still more upon chilling.

QUERY 1767.—"How can I bake apples so that they may retain their shape and be en-

tirely surrounded by a pink jelly from which they may be cut in squares at serving."

Baked Apples in Jelly

Pare and core apples, set them into the oven in an agate pan with two or three tablespoonfuls of water, and turn occasionally while baking to keep them whole. The apples may be cooked more quickly in syrup, but will need constant attention or they will lose shape. Make a syrup of one cup, each, of sugar and water; put in six apples, pared and cored carefully; let cook in the syrup, turning often, until tender throughout, then remove and let chill. To one cup of syrup in which the apples were cooked add two cups of raspberry juice or three-fourths a cup of lemon juice and one cup and a fourth of water, half a cup of sugar, two tablespoonfuls of granulated gelatine, softened in half a cup of cold water; stir over the fire until the gelatine and sugar are dissolved, then pour into a rectangular dish enough of the liquid to make a sheet half an inch thick. Let this stand in ice and water until firm; on this dispose the chilled apples at equal distances from each other, and gradually add the liquid to cover the apples completely. With the lemon juice, pink coloring or paste may be used to secure the shade of pink desired.

QUERY 1768.—"Recipe for a dark Fruit Cake containing no liquors, with directions for making, baking and putting away for future use."

Ten Pound Fruit Cake

I lb. of butter (2 cups)	2 teaspoonfuls of mace
I lb. of sugar (2 cups)	1 teaspoonful of soda
Yolks of 12 eggs	Whites of 12 eggs
2 cups of molasses	2 lbs. of seeded raisins
1 lb. (4 cups) of sifted flour	2 lbs. of sliced citron
1 teaspoonful of cloves	2½ lbs. of currants
2 teaspoonfuls of cinnamon	$\frac{1}{2}$ a lb. of candied orange peel
	$\frac{1}{4}$ a lb. of blanched almonds

Beat the butter to a cream; beat in the sugar, the yolks of eggs, beaten light, the molasses, flour sifted with the

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on
Five Sides

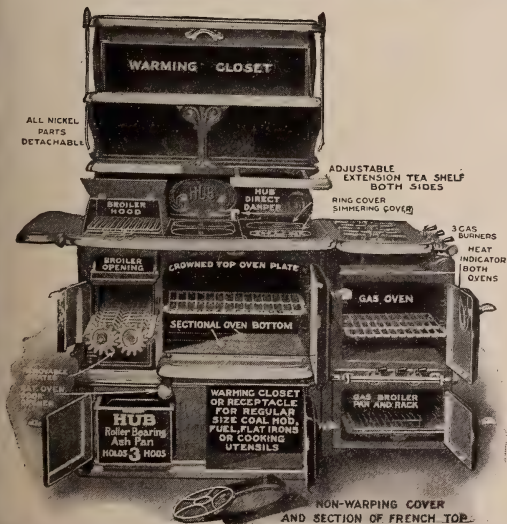
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soda and spices, the whites of eggs, beaten dry, and, lastly, the fruit and nuts. This may be baked in two hours and forty minutes in two-tube pans 8 inches in diameter. The cake will be three inches thick.

In keeping fruit cake the two things to guard against are dryness and mould. Keep for a time in a close-covered tin receptacle, then change to a close-covered earthen jar; continue the use of these dishes as the condition of the cake indicates.

QUERY 1769.—“Recipe for Tomato Sauce for roast meats and baked beans.”

Tomato Sauce for Meats

3	tablespoonfuls of	4	tablespoonfuls of
	butter, browned		flour
1	tablespoonful of	$\frac{1}{2}$	a teaspoonful of
	onion		salt
1	tablespoonful of	$\frac{1}{2}$	a teaspoonful of
	carrot		pepper
1	bunch of parsley	1	cup of tomato purée
1	bit of bay leaf	$\frac{1}{2}$	a cup of brown
			stock

Chop the onion and carrot before measuring; cook these with the parsley and bay leaf in the butter until well browned; add the flour and seasonings and cook until browned, then add the purée and stock and stir until boiling, then strain and it is ready to use.

Tomato Sauce for Baked Beans

Prepare as above or simmer the vegetables in the tomato without browning them, then strain and finish as above. Three tablespoonfuls of flour will suffice.

QUERY 1770.—“How may a strong and tasty Soup Stock be made.”

Regarding Soup Stock

The subject of soup stock cannot be taken up exhaustively in this department. For minute details on soup making the subscriber is referred to the chapter on “Soups and Soup Making,” in “Practical Cooking and Serving.”—A few items of a general character are given here.

Standard broth—broth containing the soluble compounds of a pound of meat in each pint of water—if properly made

will always insure good results, but stock made largely of remnants of roasts, especially if reinforced by a few bits of uncooked meat, are by no means to be despised.

If broth is to be used for aspic jelly consommé or a very fine sauce, clarification is necessary; for most other uses it is not essential and the process, while adding nothing to the flavor, causes loss in the nutritive value.

Kinds of Meat, Fish, Etc., in Stock

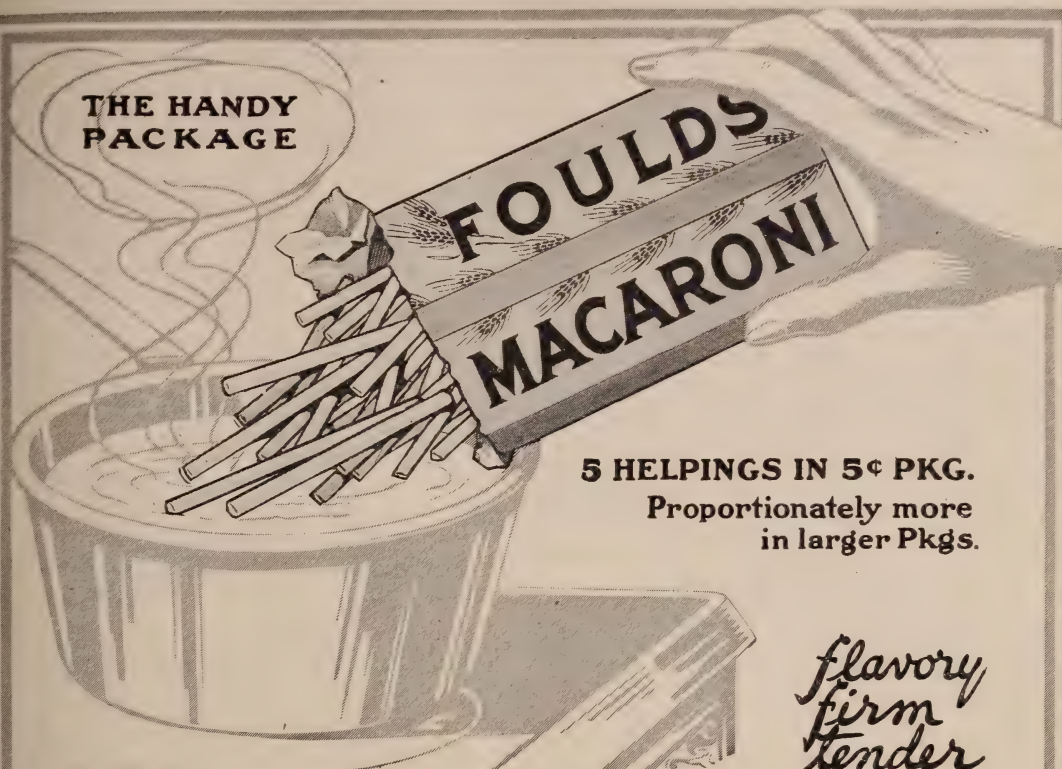
Stock, or broth, may be made of a single variety of meats, game or fish, or of a combination of two or more varieties. Beef, veal and chicken combined give consommé. Lamb may be combined with beef, but it is commonly used alone. Any varieties of fish may be used together, and chicken or veal broth are used with any variety of fish. Salmon and lobster, on account of their pronounced flavor, must be used with care and would not be selected for general stock.

For color and also for the more pronounced flavor developed in browned meats, part of the meat used in stock, unless it be desirable to keep the stock very white, should be browned before it is covered with liquid. A small quantity of fat and some bone should be present in the meat selected for stock. Marrow is the best form of fat, and the fat of browned roasts is next in value. A small bit of ham (about two ounces) may be added with the other meats. The bones of fish, veal and chicken are rich in gelatinous substances which give body to a broth; beef bones are valuable, principally for the bits of meat adhering to them.

Temperature and Time of Cooking Stock

The meat or fish to be used, cut in small pieces, is put over the fire in cold water. It is well to allow the meat to stand some time in the cold water before setting it over the fire, that the

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Hamburger a La Foulds

Let simmer together for 30 minutes, one-half pound of Hamburger Steak, half a can of tomatoes and a small onion chopped fine. While this is cooking, boil and drain a five-cent package of Foulds Macaroni or Spaghetti as directed, without breaking the sticks.

When the meat and tomatoes are sufficiently cooked, add half a pound, or less, of cheese, cut fine or grated, and a lump of butter; season to taste with salt and red pepper; simmer until the cheese is melted, then add the Macaroni or Spaghetti and serve *hot*.

This dish can be varied by omitting the cheese and doubling the quantity of Hamburger Steak, or by adding a few mushrooms, either fresh or canned. Left-overs of roasts will never be recognized as such if put through the food chopper and used instead of fresh Hamburger.

Save this recipe, or better, drop us a postal for a free copy of the Americanized Macaroni and Spaghetti Cook Book. It contains 42 other excellent recipes, mostly simple and inexpensive—all pleasing to American tastes.

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juices may be more easily drawn out into the water. Heat slowly to the boiling point, skim, and allow to cook, gently bubbling at one side, and partially covered, five or six hours; then add the vegetables and herbs to be used in flavoring, and let cook another hour. Pour off the broth, pressing all the juice from the solid ingredients; let cool quickly and uncovered. With the fat on top undisturbed, stock will keep several days in winter, but in summer it must be reheated every other day, and occasionally the weather is such that scalding each day is necessary.

General Recipe for Standard Broth

(3 pints)

4 pounds of meat (one-fourth bone)	$\frac{1}{4}$ a bay leaf
4 pints of cold water	$\frac{1}{4}$ a sweet pepper pod
$\frac{1}{4}$ a pound of lean ham	$\frac{1}{2}$ a teaspoonful of sweet herbs or
10 peppercorns	$\frac{1}{2}$ a "soup bag"
3 sprigs of parsley	2 stalks of celery
6 cloves	$\frac{1}{2}$ a carrot
	$\frac{1}{2}$ an onion cut in bits

For white broth use veal as the meat; after cooking three hours, add a fowl, trussed as for roasting, and let it simmer until tender, then remove the fowl for use in some other dish and finish the broth as usual. This will give a very light colored stock; for a darker stock, brown part of the veal (cut in pieces) in marrow or drippings. Add these bits of meat to the rest of the meat, soaking in cold water. Pour some of the water into the pan and let it stand over the fire for some time to melt the glaze and browning material adhering to the pan; finally add this to the soup kettle and finish according to the directions previously given. For a dark brown stock use, largely, beef or game of dark flesh, and brown part of the meat. This recipe should produce three pints of strong broth of a color corresponding to the material used.

Consommé

Use the same ingredients as for standard broth, except take two pounds,

each, of beef and veal. Partly roast a fowl and add when the broth is about half cooked. Remove the fowl when tender. For a consommé, when less pronounced flavor of chicken is desired, add the chicken raw. Use the whites and shells of three eggs and half a pound of raw veal, chopped fine, to clarify the broth.

Stock from Uncooked Chicken Bones, Giblets, Etc.

Disjoint the framework, add the neck and giblets and if convenient bits of cooked and uncooked veal. Cover the whole with cold water and let simmer five or six hours. Add for each quart of liquid a rounding teaspoonful, each, of coarse-chopped onion, carrot and celery, two sprigs of parsley, four peppercorns, and half a teaspoonful of sweet herbs and let cook nearly an hour. Finish as in the directions previously given.

Stock from Remnants of Roasts, Etc.

Proceed as in making stock from uncooked bones, etc. If convenient, a little uncooked meat should also be used as the flavor is much improved thereby. The browned fat on roasts is a good addition to the other materials.



Ordinary dusting scatters but does not remove dust and germs. Use cheese-cloth dampened with tepid water to which a little **Platt's Chlorides**, the odorless disinfectant, has been added. Wring out till dry so that it will not streak the wood work, etc.

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New Books

Pure Foods, Their Adulteration, Nutritive Value and Cost. By JOHN C. OLSEN. 12 mo, cloth, 210 pages, illustrated, 80 cents. Boston: Ginn and Company.

"Pure Foods: their Adulteration, Nutritive Value, and Cost" aims to present, in language easily understood, the results of the large amount of scientific investigation to which the various phases of the food problems have been subjected in recent years.

The text includes the chemical composition of each class of foods, the methods used in producing the food, and the common adulterations, together with a number of simple tests for the detection of these. The directions are so explicit that they may be carried out by persons who have not been trained as chemists.

The nutritive value of foods being given, it is shown how the true cost may be estimated.

There is a statement of legal requirements for pure foods, and a list of references to literature on the subject so that those interested may pursue it still further.

This volume is admirably adapted for use in domestic science or chemistry classes where the chemistry of foods is studied and laboratory tests made for purity.

The intelligent consumer of foods and the food producer or dealer will find this of great assistance in purchasing pure and nutritive foods.

This is a new book, a practicable book, a book for the present-day needs of teachers and students of domestic science.

Firebrands. By FRANK E. MARTIN and GEORGE M. DAVIS. Ill. 12mo, Cloth. \$1.25. Boston: Little, Brown & Co.

This volume has been written for the special purpose of teaching children how to avoid setting a fire, how to extinguish one, and how to hold one in check until the arrival of help. Each story tells how a fire was started, how it should have been avoided, and how it was put out.

Property destroyed by fire is gone forever, and cannot be replaced. The amount that is lost annually is almost beyond calculation. Children need to be taught these lessons. This book is a good example of the fact that, in early life, the best instruction is accomplished often by indiscretion. *Firebrands* is a book for boys and girls from 8 to 12 years of age.

The New Home Cook Book. Enameled Cloth. Price \$1.00 net. Chicago: A. C. McClurg & Co.

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TEACHERS' COLLEGE, Columbia University, has recently created two technical schools, of Industrial Arts and of Household Arts, involving an investment of nearly a million dollars, devoted to vocational education. The prime purpose of these schools is the training of men and women as teachers of industrial, commercial and household arts; but as technical schools they are training both men and women in various other skilled callings. Young women may obtain diplomas and certificates in such new fields as household management, house or interior decoration, home and institutional cookery, costume design, dressmaking, millinery, dietetics, laundry management, lunch-room management, nursery management, school and visiting nursing, sanitary inspection, and clerical work. In the School of Industrial Arts courses are offered in cabinet-making, pattern-making, wood-carving, forge, foundry, art, metal work, drafting and design, industrial mathematics, ceramics, art photography, book-binding, library economy, textiles, plant management, business organization, accounting, stenography and typewriting.

It is significant of the trend in education, which would add to the present schooling in fundamental branches a distinct training for some useful calling for every boy and girl, that at this great metropolitan university these schools are training teachers of practical subjects who will aid in the new crusade for a universal vocational education.



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The Veranda Girls

CONCLUDED FROM PAGE 202

Now the prize of the recipes comes last. You see, Mrs. Fallows, Doll's grandmother, was grandniece to some friend-in-law of Mrs. Washington, and the friend-in-law had willed Mrs. Fallows Mrs. Washington's recipe for fruit cake. If reading about it makes your mouth water, think what the taste was to six starving college girls. Here it is:

To Make a Rich Black Cake

Take twenty eggs; divide the whites from the yolks, and beat the whites to a froth; then work two pounds of butter to a cream, put the whites of eggs in, a spoonful at a time, until well mixed. Then put two pounds of sugar, fine powdered, in the same manner, add the yolks, well beaten, two and one-half pounds of flour and five pounds of fruit. Add to this one ounce of mace, a nutmeg, one half pint of wine and some French brandy. Five and one-quarter hours will bake it. (Signed) MARTHA WASHINGTON
Mount Vernon.

This recipe is said to have been used in making the cake for the wedding of Mrs. Washington's grand-daughter, Nellie Custis, to Major Lewis, on February 22, 1799.

We crawled, I use the word advisedly, into the drawing room after dinner and here, though I have confessed to being a hungry healthy creature, the best part of the feast awaited us. Doll's grandmother was there, dressed in a perfectly bewitching old gown that she had worn to her first ball, just sixty-two years before. She greeted us in her sweet stately old way. Then came the surprise. The shades were drawn, candles, in silver candelabra, furnishing the only light. In one dim corner of the room stood an old harpsichord that, as long as I had known Doll, I had never seen opened and supposed was kept as a curiosity.

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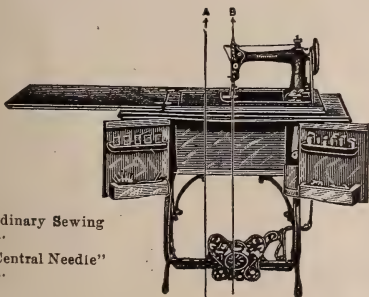
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But to-day the top was thrown back and the little old lady in lavender, saying that Doll had asked her to sing to us, walked across to the old instrument and sang, in a fine but soft voice, several old songs that held us spell-bound and brought tears to our eyes.

We went home in a quiet mood, but there was a new picture in our memory-hall that should grace it for many a day.

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Counsel and client met a few minutes later outside the court room.

"Now, Rastus," said Clearem, "you know the court allows the counsel very little for defending this kind of a case. I worked hard for you and got you clear. I'm entitled to much more pay than I'm getting for my valuable services, and you should dig up a good-sized fee. Have you got any money?"

"Yes, Boss," replied Rastus, "I still done got dat seben dollahs and eighty-five cents."—*Everybody's*.

One day, while the late William R. Travers was sojourning at Bermuda, he came to the wharf to see the arrivals. Meeting an acquaintance, he said, "Ah, Merrill, what brings you down here?" "Oh, just came for a little change and rest." "Sorry to discourage you," said Travers; "but I'm afraid you'll go home without either." "How's that?" said Merrill. "Oh," said Travers, "the waiters will get all the change, and the landlords will get all the rest."

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His Confession

In a burst of penitence little Freddie was telling his mother what a wicked boy he had been.

"The other day, mama," he said, "I found the church door unlocked and I went inside. There wasn't anybody there and I—"

"You didn't take anything away, did you, son?" she asked.

"Worse than that; I—"

"Did you mutilate the hymn-books or play any tricks of that kind?"

"Oh, lots worse than that, mama," sobbed Freddie. "I went and sat down in the amen corner and said 'Darn it.'"—*The Housekeeper.*

An English clergyman was telling of a joke on board the steamship. "There were three of us standing on the deck together. I turned to one of my companions, a Scotchman, and asked him, 'What would you be, were you not a Scot?' He said, 'Why, an Englishman, of course!' Then I turns me to my other companion, a gentleman from Ireland,—and I asked him, 'And what would you be, were you not an Irishman?' The chap thought a moment, looked out over the heaving billows, and said, 'I'd be 'ashamed of meself!'"

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Slice one or two preserved chestnuts flavored with vanilla into a glass; add a large spoonful of whipped cream sweetened slightly and flavored to taste; make a depression in the top and fill with a chestnut and maraschino cherry, each cut in slices. A cup of cream sweetened with a scant fourth a cup of sugar will be enough for four or five glasses.

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1 cup lukewarm water	2 tablespoonfuls light brown sugar
2 cups sifted flour	1 teaspoonful salt

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually, the eggs well-beaten, and salt. Beat thoroughly until batter is smooth. Cover and set aside for about one hour, in a warm place, free from draft, to rise. When light, stir well and bake on hot griddle.

If wanted for over night, use one-fourth cake of yeast and an extra half teaspoonful salt. Cover and keep in a cool place.

Note.—All batter cakes are better baked on an ungreased griddle, as they rise and keep their shape, and do not follow the grease. You will be rid of the disagreeable smoke and the odor of burning fat. Your griddle need not necessarily be of soapstone. If you have an old griddle and clean it thoroughly, being sure to remove all burned fat or batter, it can be used in the above way.

Characteristic

He was quite evidently from the country and he was also quite evidently a Yankee, and from behind his bowed spectacles he peered inquisitively at the little oily Jew who occupied the other half of the car seat with him.

The little Jew looked at him deprecatingly. "Nice day," he began politely.

"You're a Jew, ain't you?" queried the Yankee.

"Yes, sir, I'm a clothing salesman—" handing him a card.

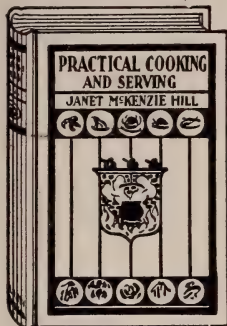
"But you're a Jew?"

"Yes, yes, I'm a Jew," came the answer.

"Well," continued the Yankee, "I'm a Yankee, and in the little village in Maine where I come from I'm proud to say there ain't a Jew."

"Dot's why it's a village," replied the little Jew quietly.

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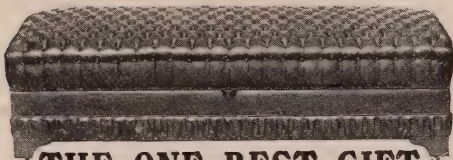
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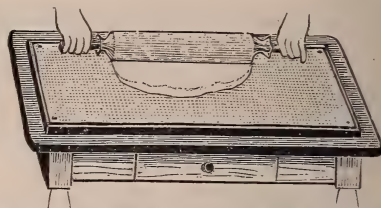


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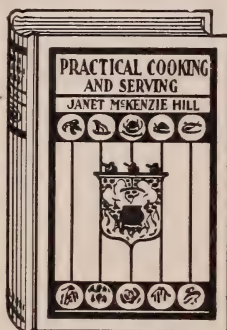
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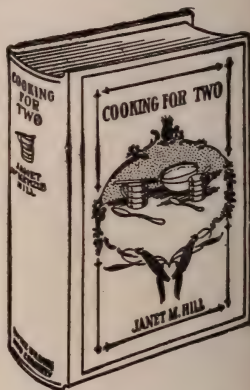
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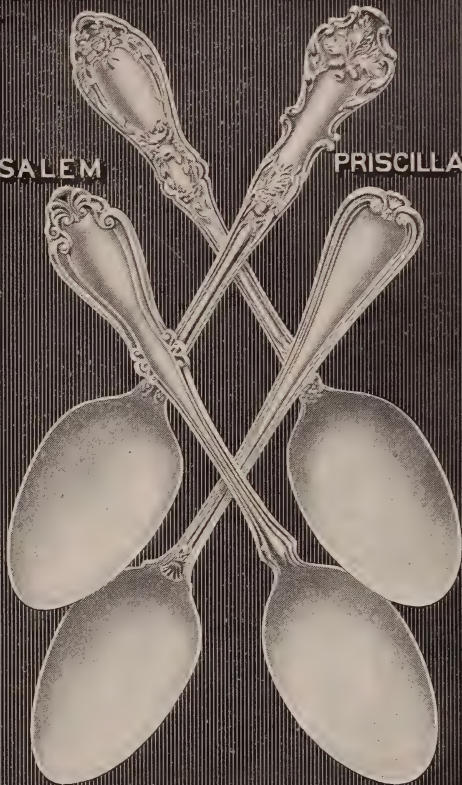
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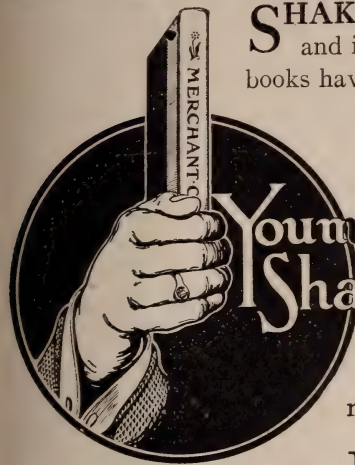
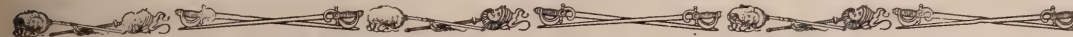
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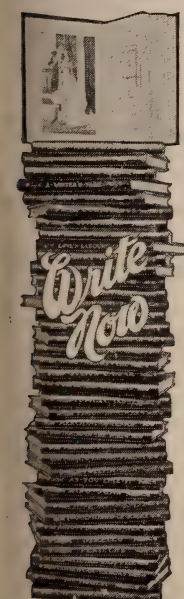
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THE BOSTON COOKING-SCHOOL MAGAZINE

Vol. XVI

NOVEMBER, 1911

No. 4

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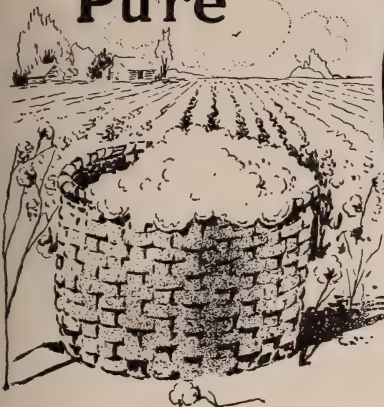
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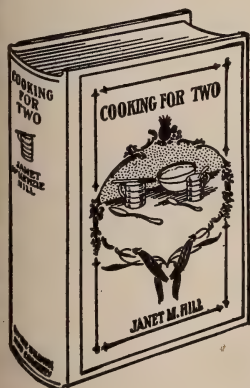
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Coffee



THE SOLID MASSING OF BOOKS, THE CARVED TABLE, DESK AND CASES, THE HANGINGS AND RUGS, ALL ARE DECORATIVE.

The Boston Cooking-School Magazine

VOL XVI

DECEMBER, 1911

No. 5



LIBRARY OF A LITERARY MAN IN SUMMER COTTAGE

The Library

By Mary H. Northend

"My library
Was dukedom large enough."
(*The Tempest*).

TO the busy man who loves his books, the seclusion of the library makes it the place of all others in the house where he may find

the fullest comfort and relaxation from routine and care and, undisturbed, absorb himself in what most interests him. The hall is more or less public; in it he welcomes the coming and speeds the parting guests. The living-room, as the real center of family life, belongs to children

and grown-ups alike, and is not a place where one may withdraw with any sense of privacy. In the dining-room, the busy man is occupied with his family or entertaining friends. It is in the library that he finds an atmosphere of quiet and separation from the complex life of the rest of the household.

While the workroom library of a man of letters needs greater seclusion and separation from other rooms than does the library designed for the mere pleasure of the owner in his books, yet the latter should be kept as far as possible aloof from the bustle and distraction of the common life of the family, if it is to serve its purpose.

The library which is not a much used room has no excuse for existence and the space devoted to it would better be thrown into the living-room or some other part of the house.

As Andrew Lang has said, "By the library we do not understand a study where no one goes, and where the master of the house keeps his boots, an assortment of walking-sticks, the 'Waverly Novels,' 'Pearson on the Creed,' 'Hume's

Essays,' and a collection of sermons." Such a conception is as dead as the library so characterized.

Nor is the idea of most of us like that of Madame Du Barry, who decided it was fashionable to own a library and ordered a bookseller to provide her with one. When this "library" of one thousand volumes, bound in rose morocco and stamped with the noble arms of Du Barry, arrived at Versailles, Louis XV and his astonished Court little suspected that the contents of such gorgeous coverings were cheap "remainders," so-called by the trade, which the enterprising bookseller had collected and so cleverly disguised.

Constant use is the best preservation for books. The user will demand a clean room kept at a normal temperature, and the light and air introduced into the room through proper ventilation will do much to prevent dampness, an enemy which brings in its train mildew and rotten, loosened bindings. Excessive heat is likewise to be avoided as it causes covers to warp and the glued backs to become unfastened, especially those on the top



PLAIN AND IN GOOD TASTE



LIBRARY AND SOMETIME RECEPTION-ROOM

shelves where the temperature is highest. Although ample light must be provided for in the useful library,—both daylight and artificial light,—the volumes themselves should not be exposed to direct sunlight, which will soon cause the backs to become faded. Closed cases are undoubtedly a help in regulating the ravages of dust, dampness, sunlight and excessive heat, but we generally prefer to keep those books in constant use on open shelves, reserving the glass-door cases for the more richly-bound volumes. In either case frequent dustings are absolutely necessary to keep the books in good condition.

As for the room itself, delicate colorings in wall coverings and upholstery cannot be handled successfully in the library. The books themselves give the room its tone, and the furnishings should harmonize with their great dignity, producing an atmosphere of solidity and reserve. Well-filled bookshelves matching wood-finished walls, or standing against any neutral background, such as burlap or some suitable fabric covering, form a most harmonious setting, with which

comfortable chairs and substantial furnishings will best accord.

Our first illustration is of the library in a literary man's summer home. The simple, straightforward furnishing of the room is especially to be commended. It is, first of all, a workroom, and while planned to suit the demands of the owner's use, comfort is not lacking to make this an ideal summer workroom. Walls sheathed in pine with bookcases all of even height, finished to match the walls, form a most restful background, and the lighting is particularly good, superfluous draperies being omitted, to admit all the light and air possible.

There is often a waste of floor space in the library through using shelves unnecessarily wide, generally ten inches or twelve inches, when eight inches would be ample. In our frontispiece is seen the splendid result obtained through a solid massing of books, and here the shelves are built to fit the width of the books, using to advantage every available inch of space. The more rarely bound volumes are kept in a closed case, with the open shelves fitted around it, and these

entirely cover the walls of the room except for the spaces occupied by two doors, the window and seat and the fireplace. No more effective background than these rows of beautiful bindings could be found for the richly carved desk and table. Dark overhead beams make a strong contrast with the white ceiling, while on each oaken corbel is a reproduction of an ancient bookmark or coat-of-arms of some famous old publisher.

If there is not so great an accumulation of books that they entirely line the walls from floor to ceiling, the height of the walls should govern the height of the bookcases. The effect of a wall cut exactly in two by the top of a bookcase is exceedingly ugly. The simple white-painted shelves, matching the wood trim of the room, in the third illustration are of pleasing height, the lower one reaching to the level of the window sill, and the higher case serving the purpose of increasing the apparent height of the low wall.

Books are never shown to better advantage than when the case is of the simplest style. Whether it is an expensive painted row of shelves or an elegant case of

mahogany, the same rule holds true. The plain mahogany cases in the fourth illustration form a subdued but strong contrast to the papered walls. The hangings are of green velours, matching the darker tone in the wall paper, and the same tones dominate in the rugs. This room is in contrast to the working library and to the library of the collector. There is somewhat of the reception room atmosphere introduced in the furnishings, but they are so subdued in tone as to harmonize well with the library atmosphere as well.

With bookcases which cover but one-third or two-thirds of the wall spaces there is danger of over-crowding the walls above with pictures, and of strewing photographs and bric-a-brac aimlessly over the tops of the cases. The library is more or less the house owner's Paradise, for there is a certain joy in collecting which includes not only his books, but is inclined to extend into other fields as well. Although one cannot presume to dictate as to individual tastes in such a matter, too great an accumulation on the walls and top shelves will surely become a burden to care for and a distraction to the occupant of the library.



LIBRARY AND RECEPTION-ROOM IN CONCORD, MASS.

There is a strong simplicity about the generous Mission style fireplace in the fifth illustration which is well adapted to the library, and yet in this room there seems lacking a connecting link between the bookshelves and the fire. The small table is inadequate for so large a space. A large, substantial table is demanded in the library and is needed particularly here to harmonize with the large, comfortable armchairs and the broad dimen-

sions of the room itself.

Given a room with well-stocked bookshelves, comfortable and substantial furniture, and an open fire, and one can wish for little else that can add much to the real value of the room as a library. We will agree with Johnson who said, "Books that you may carry to the fire, and hold readily in your hand, are the most useful after all." Fireside books have ever been deservedly popular.

The Game of the Yule Log

By Jean Wilde Hadley

IT was our turn, and they were all coming. Cousins from as far south as Virginia; two sets of grandpeople, and brother with his wife and five.

And yet, it was so good to know that once again the family—all there were of us—would sit down to Christmas dinner together, that the work of preparation was lost in the love of it.

The day before Christmas saw the house with a clean face and ordered garments, but the delights of decking with fir and holly was kept for the children's hands. In fact, all wanted a share in the decorative honors, if only in the setting of a holly twig—the "holly tree"—on the chimney shelf.

"Get ivy and hull,
Woman, deck up thine house."

How joyous it all was, as the long shadows began to gather, and the charm of Christmas eve fell about us like a blessing. How good, too, the dear faces in the "feast of light," for only the soft gleam of candles was around us, while in the wide hall burned the huge Christmas taper which must last till dawn; emblem of the steadfast Star, to point the memory of this holy "mother night."

Mistletoe—its snowy berries witnessing many an unsuspecting kiss—swung

in the half light, while on the hearth we tried at fortunes with the leaves. In turn we placed two leaves upon the stone and named them for ourselves and one other. No, we did not always tell, and then we watched and saw the heat from the glowing logs draw the charmed tokens close and closer, or scatter far apart, and shrivel others to forgetfulness.

And then about our necks we hung a tiny branch of mistletoe, swinging it on a ribbon, Christmas red. 'Twas a charm to keep off witches and the evil ones, on this strange holy night, when bees are said to sing, and at the midnight chime the cock awakes to crow, while in their stalls the cattle bow and kneel.

The promise of the morrow's joys enticed the children to an early bedtime, and they chose, each, a Christmas star—a good-night taper, to light them up the broad stair in measured file and on to dreams of well filled stockings.

And very early in the morning there was a sound of voices—children's voices—singing. A glad surprise it was, this carol at each chamber door.

"Hark the herald angels sing,"

sang the children, till the answer grew from room to room, and doors were thrown wide to join in one glad welcome to the day of days.

Breakfast was a somewhat hurried meal when it was noised abroad that we were really going to bring in the Yule log.

The tree had been marked some days before, a young oak, standing straight and tall within easy walking of the house.

How proud we were of the Mother, always young, leading us the way with her children's children all about her, and the Christmas sun kissing her white hair. And we followed, eager searchers for the gifted "Yule-log," whose flame can burn out all old wrongs and brings the promise of a glad New Year.

Grandsire marked the tree with the first blow, and then the boys laid it low, and bound the ropes about it.

A joyous shout, with everyone a hand, and home we drew our Yule-log.

"Welcome be ye that are here,
Welcome all, and make good cheer;
Welcome all, another year,
Welcome Yule."

The tree lay in the open space before the house, and from the smaller branches fagots were soon bound by the younger hands, and piled in the huge woodbox for the evening's burning. Then the trunk was split, and from the heavy end a block was struck just large enough to fit the modern grate, but still our Yule-log—emblem of united homes and hearts. Our festal rites we kept till Christmas day was closing, for first must come the meal massive of the year—the "king of dinners." The long table gleaming with silver, glass and snowy linen, was laid for all, beaming and groaning with goodness as a Christmas table should.

The center held a "Yule-log" which bears description.

A single pillow roll of papier maché, with an opening half its length, was wrapped with dull brown crêpe paper, and decked thickly at each end and sides with boughs of fir. Within the "log" were tiny gifts, each tied with brown paper and long red ribbons, which reached to every place. The top was

laid with holly twigs, quite concealing its intent, until a merry tug of the streamers brought the contents to light.

A unique manner of gift giving was in order, hence a course of snowballs and a holly pie.

The balls were of white crêpe paper, powered with glistening mica, the small gift within first wrapped in cotton. Piled temptingly on a silver tray the balls were passed from guest to guest just before the burning Christmas pudding claimed attention.

With the nuts and oranges came the holly pie. In a huge pan of sawdust the gifts were buried. An upright spray of holly tied and marked each favor, while the pan was covered by broad bands and bows of red ribbon.

The Children's Christmas tree was a delight. Unlighted it stood, bright with favors, oranges and bonbons. Each was blindfolded, turned three times, and pointed toward the tree, claiming the gift the fingers first chanced to touch.

When night fell, the tree tapers were lighted, and outside the huge feast fire was started from the branches of our Yule tree.

The log itself was ready for its entrance, and we hailed it with our cheeriest merriment, as the eldest born beneath the roof tree brought it in upon his shoulders and crowned it king of feast and fireside on the broad hearth.

"Part must be kept wherewith to teende
The Christmas log next yeare,
And where 'tis safely kept, the fiend
Can do no michiefe theree."

And so we kept a brand for next year's lighting. The fagots came next, and as they went upon the fire each told in turn of last year's doing, and while his fagot burned, of how the Christmas days were spent. Suddenly the room was filled with ruby light. 'Twas just a little tribute to our dear ones from the Sunny South whose Christmas celebration had always shared the honors of our Fourth. The red powder for the light was bound in the fagot, and the burning wood soon

brought its beauty to the blaze. "Snap-dragon" was not forgotten, that oldest game of all Yule merrymaking. One must pluck a raisin, burning, from a spirit bath, and eat it flaming to insure

good fortune through the coming days.

"Yule's come, and Yule's gone,
And we ha'e feasted weel;
Sae Jack maun to his flail again,
And Jenny to her wheel."

A Letter to Santa Claus

By Alix Thorn

I JUST love your name," said Mildred, her brown eyes raised to the serious face of her young governess. "Jane *is* so dear, and it's so sort of simple, and—and different. You see, Miss Tilton, when I was a really little girl, oh, perhaps a year or so ago, I liked only long names with lots of letters in them, hard names to spell, such as, well—Hortense, and Marguerite, and—would you believe it—at one time I named every new doll Hildegarde! Now I much prefer Jane to any other name."

"I am very glad you approve my name," smiled Mildred's governess; somehow I fancy it's partly because you seem to like your stern teacher," patting the little girl's shoulder affectionately as she spoke.

"Like is the wrong word!" cried Mildred impulsively. "As I told Aunt Caroline, only yesterday, I'd never loved a single one of my governesses before, and she said in such a proper way, you know how she talks, 'it's extremely fortunate your mother secured one so to your liking.' She said, Aunt Caroline did, that you had an intelligent face."

The intelligent face flushed warmly, and the grey eyes darkened. "Your aunt is kind, indeed," she said, and fell to arranging her note books on her desk.

"You are annoyed, dear Miss Tilton," began Mildred penitently. "I shouldn't have told you about Aunt Caroline. None of us are much fond of *her*, and, anyway, you and I are so intimate that it doesn't matter about other people."

"It *shouldn't* matter, certainly," was the reply, "then, too, a governess *should* have an intelligent face; and now to work, childie, let me see that French exercise."

Long after Mildred had left her the girl stood at the window of the deserted schoolroom, looking down the snowy driveway, watching the big flakes dropping down out of the grey December sky and turning each trimly clipped little shrub into a miniature Christmas tree. Only four years ago how differently she had faced the holiday season. Mirth and jollity had kept step with her, the future stretched rosily before her—and then, at New Year, her brother John's sudden death had so terribly transformed everything.

"We needed him so, Dorothy and I," she whispered, with trembling lips, "oh, we *did* need him so."

Early made an orphan, she had made her home, since leaving the finishing school, with her married brother and his young wife, a petted, desired member of their comfortable home, her second season out, a social success, till one day the railroad accident that transformed two merry carefree girls into sad-eyed, black-robed women, forced to believe the unbelievable, that out of their lives had gone the strong, self-reliant, protecting brother and husband, leaving but a pitifully small life insurance. A pale, hopeless Dorothy had returned to her people, and Jane, after a too long visit to a distant cousin, had thankfully accepted

the position of governess in the great stone house of the Worthingtons in a suburb of Philadelphia.

Her one pupil was ten-year-old Mildred, and from the first day she had won her loving allegiance. Mrs. Worthington was not so easy to deal with, her manner implying "thus far and no farther," evidently believing in keeping a young woman in her place, though treating her, as she would have expressed it, "always justly."

The sudden, shrill *toot, toot* of an automobile sounded, and the Worthingtons' largest touring car slowed up at the portecochère, to deliver its load of laughing guests, the Christmas house party expected to-day, two older women wearing wonderful furs, two girls, slim and vivacious, one in black velvet, the other in wistaria broadcloth, and two burly men.

Wistfully Jane Tilton, governess, peering outside the gate, watched the gay party. She could imagine what they were saying, just how they were being welcomed by stately Mrs. Worthington, who could be delightfully cordial when she so desired, and she was about to turn away when the animated voice of her pupil came to her ears, and she saw the small maiden accompanied by a tall, broad-shouldered man, coming up the winding path to the house. Both her white-gloved hands were clasped around his ulstered arm, and her animated face was looking up into his. Evidently they were on the best of terms, for his deep laugh sounded frequently, and they were making but slow progress. "That's the schoolroom," she heard Mildred say, "and Jane is her name."

"What's that you're telling?" was her companion's reply. "The schoolroom's name is Jane! Explain yourself, my young friend; you speak in riddles."

"How absurd of you!" pouted the child. "Why, Mr. Dick, Jane is the name of my governess; you knew what I meant all the time, and she is very pretty, oh, very much prettier, I think, than any of the young ladies who visit

us. Lovely dark hair, grey eyes—oh, well, wait till you see her."

"I will reserve my decision until I do," remarked Mr. Dick, cheerfully, "though I have great belief in your judgment," and then the pair entered the house.

"Serves me right for listening," murmured the girl at the window—"but where, just where have I seen that man before? I have an odd feeling that once, hundreds of years ago, perhaps in some other existence, I've actually talked to him, and heard his deep laugh. Well, what does it matter, anyway? Chained to the schoolroom, utterly removed from all dear delights—get thee to exercises, Jane, and forget those things that are behind."

"Did you see with whom I was walking yesterday?" began Mildred next morning, as she came into the schoolroom, "he's been here twice before, his name is Mr. Richard Savery—I can't remember his middle name now, but you can see it all written out any day in the guest book. I heard Doris Newbold say that it's a name that would look mighty well on a visiting card. Now, wasn't that a funny remark?"

"I think, Mildred, that it's high time you and I settled down to lessons," remarked her governess severely. "Did you say his name was Richard Savery?"

"Yes, Miss Tilton, that's his name and I never met a grown up man that I really liked before. You see, he treats me just as politely as if I were somebody, and most men who visit here just laugh at everything I say. Oh, it's very comforting to be called *Miss Mildred*. It makes me feel—well, as if I would be a truly young lady before I knew it, and that is such a lovely, creepy feeling."

"However, as you are still a little girl," suggested the young teacher, "suppose we attack geography, oblivious to the fact there is such a thing outside schoolroom walls as a diverting house-party."

But as the child's curly head bent low over her task, Jane Tilton straightway

fell into a reverie. Richard Savery, small wonder his face looked familiar; John's Dick Savery, in this house. No need to examine the guest book. Richard Ormsby Savery—how many times had she not seen that name signed to notes and telegrams! John's great friend at Harvard—Dick Savery! She yet vividly remembered his first visit to their home, when she was just such a slim exuberant little person as was Mildred now. He, a sophomore, had found his host's small sister an amusing companion; had skated, coasted, and even visited with her in kindly fashion, and she had admired him with all her loyal little heart. Was it six years ago that he had dined at John and Dorothy's, and she, just starting for a dinner, had met his friendly eyes in the hall, exchanged a few hurried words, and had reluctantly driven off, leaving her family to entertain him, this detached man, this desirable guest?

"Yes, dear," she heard herself say, "that is a tributary of the Mississippi." Dick Savery! What an irony of fate! Oh, those happy girls, those well-gowned guests of whom she caught occasional glimpses; *they* were not prisoned, confined, but free; free to enjoy the beautiful wintry country, free to laugh and talk with him. Why, it wasn't fair; she too, was young, she, too, could be decorative, given an opportunity. "That is very nice, Mildred, the best map so far; and now it's time for recess."

"If there isn't my Mr. Dick," cried the little girl, throwing down her paper, and hastily pushing open the nearest window. "Oh, Mr. Dick, its my recess, please wait for me, I can be ready in a moment."

"All right," responded that gentleman cordially, tossing away his cigar as he spoke, "hurry up, I promise to stand right here until you come, and I constitute myself, through the whole of recess, your humble knight."

From her desk, the girl watched the merry pair disappear down the hill, and

suddenly exercises and neatly drawn maps were utterly hateful, and lessons were a penance too bitter to be endured.

It was two days before Christmas that Mildred appeared one afternoon bringing with her her younger sister Helena, aged five, a smiling little person who ever keenly enjoyed her rare visits to the schoolroom.

"She wants to write a long letter to Santa Claus, Miss Tilton, and nurse is busy, so mother said you'd help her. It seems funny now, that I used to do such things. Every year *I* wrote letters to him."

"Of course I'll help you, darling," said the young governess gently, "but I have a notion that Santa Claus would like you to write a long letter, all yourself, and he can read it, no matter how funnily the words are spelled; that's one of the nice things about Santa Claus."

"Oh, yes," sighed Helena ecstatically, "yes, I guess he likes me, Santa Claus does, for I've been awful good for 'most a week, and I do need so many things. Oh, and I'd like a pen, if you please."

"This lovely sharp-pointed pencil is the very thing," broke in Miss Tilton enthusiastically; "see, it's so easy to write with."

"All right," accepting the proffered pencil, "I'd better begin, it seems so hard for me to print. I guess I can't ever write."

"Just for fun, even if we are big, dearest Miss Jane," suggested Mildred, "let us, you and me, write Santa Claus letters too, just for fun, of course. *I* want things, and can't you think up something *you* want!"

"I might," she answered, trying to keep the bitterness out of her voice, and then she seized a pencil, laughing a little recklessly. "We will all write. Once Santa Claus liked me, too, Helena; perhaps it's because I stopped writing letters to him that he has appeared to neglect me of late."

"Keep on writing," mumbled the smallest member of the party. A letter

was a serious matter to her, her cheeks had grown very pink and she sighed audibly while the paper creaked under the pressure of the pencil, and thus encouraged, Miss Jane, after many days, commenced her letter to Santa Claus.

"Santa dear—" she began,

"Please forgive me for forgetting to write to you, but I've been grown up quite some time, and I felt that your big loving heart had room for children only, but dear Santa Claus, I now ask you for a gift this Christmas, and but one. It isn't a doll, and it isn't a set of books, it isn't a sled, it isn't even a set of furs, it's just a man, a big splendid, kind man, and his name is Robert Ormsby Savery. I write it out in full, least there should be some mistake, for you might give me another man, and I do not want anybody else, not anybody. I knew him long ago, Santa Claus, perhaps I'd better tell you, before ever I was a sober governess, when my brother John and I were at home in dear old Northampton. The aforesaid Richard is large and would take up entirely too much room in your sleigh, might even tax the reindeer, but as he's right here in this house, you see it would be no trouble at all to leave him by the schoolroom fireplace, where I could find him. I would be very good to him, Santa Claus.

Thanking you in advance,

Your affectionate little friend,

Jane Beresford Tilton."

"I'm all done," exclaimed Helena, holding out one cramped little hand, in which was tightly clasped a rather creased sheet of paper; "it isn't very nice looking, but as you say, Santy can read 'most anything. Last Christmas I used to put just marks down, and he brought what I wanted Christmas morning, Santy did."

"Yes," added Mildred, "and my letter is finished, too. Do you know, Miss Tilton, I felt almost awkward writing to him, I hadn't done it in so long, and," in a whisper, "almost as if he were a real person, as Helena thinks he is."

"I also am through," said Mildred's

governess. She looked half ashamed as she folded her neatly written communication, but she was still smiling.

"Miss Tilton, Miss Tilton," called Bridget, the nurse, excitedly at the door, "oh, Miss Tilton, 'tis Mrs. Worthington wants you in her sitting room, and she's in a hurry."

"All right," was the answer, hastily dropping her letter, "I'll come this minute, Bridget," and she disappeared down the long hall, leaving the two little sisters alone in the schoolroom.

"Hello, you two," said a big cheerful voice, and they turned to see Dick Savery standing behind them. "May I come in, young ladies, may a mere man enter this abode of learning?"

"It's just a schoolroom," replied Helena, "not a *bode* at all,—can he stay, Mildred?"

"Of course, he may," graciously, "I'm afraid," with a very good copy of her mother's society manner, "you find us in disorder, for, you see, Mr. Dick, we've all been writing to Santa Claus."

"Well, if I haven't entirely forgotten mine," said the caller, "and now I'm quite out of the spirit of the thing."

"I *do* wish," began Helena, slipping a soft little hand into his, "that you'd read my letter, and see if you think I've asked for too much. Bridget says that he doesn't like greedy children. There are the letters on the desk, and mine's the biggest one, I guess."

"I don't know that I am a very good judge," said that gentleman, humbly opening a folded paper, and glancing through it hastily. "Why!" he ejaculated, whistled softly, "what the—" looked down at the two unconscious children, and then shamelessly, read carefully and quite to the end, Jane's frank little letter to Santa Claus. His face changed, softened, grew pitiful and then very tender. He quickly picked up the other letters, read them and casually remarked that he thought the old saint would look on all the petitions with favor, and that he considered the requests modest, felt sure

that any man would, especially such an understanding one as Santa Claus. Then he carefully laid the holiday mail upon the desk again, and was deep in a discussion with Mildred when a light step sounded in the hall.

"It's just Mr. Dick, Miss Tilton; he came to call," explained Mildred. "Mr. Dick, she's my darling governess, and her first name is Jane. I've told you lots about her." It was a very flushed governess who crossed the room, and whose wide grey eyes met Dick Savery's.

"We are very glad of visitors, sometimes, Mr. Savery," she said nervously, and he saw her glance, with a look of relief, at the desk where lay the Christmas letters evidently undisturbed.

"Surely, this is John Tilton's little sister, Jane!" exclaimed Dick Savery, holding out an eager hand. "You are very

like him, and how glad I am to see you. Yes"—noting her black dress—"yes, I know, and, and I miss him yet—I always shall miss him, the best friend a man ever had. Oh, my little friend, now that we've met again, now that I've seen you, why—" impetuously, "you won't lose sight of me; I shall tell Mrs. Worthington all about you," musingly, "about John Tilton's little sister. We must talk over the old days—and"—the warning note of a waiting automobile sounded—"the days yet to be."

And, somewhere in his palace of ice, I wonder if a sympathetic Santa Claus didn't chuckle as he made out his lists and saw the extremely sizable Christmas gift that was surely destined for his affectionate little friend, Jane Beresford Tilton.

Christmas Charm

By Kate Gannett Wells

THE material burden of Christmas, the giving and receiving of presents, has become so heavy, that it is well it occurs but once a year, for even now many families are perforce compelled by sanity or economy to scatter their Christmas gifts biennially.

Yet to limit the Christmas charm to one day is denial of its significance of joy and gratitude. Of course, it is humiliating to find expectancy at such variance with satiety; our children are so good until the Christmas candles are extinguished or the Christmas stockings emptied. Then comes the reaction, the clearing up, the laying aside for next year and the uncanny sense of bargaining with one's self.

Of course, again, we do not want to go to the opposite extreme, exchanging notes of sentiment, affection, praise for each other as our only Christmas gifts, for the annual repetition of such emotion would soon grow stale and perfunctory. Thus it happeneth, that just as many

persons have plea for a sane and safe Fourth of July, until it is probable that it will soon become a day of decorative, civic beauty and patriotism, so do others now plead that the observance of Christmas may be restored to its spiritual import and democratic cordiality. Such is the true function of Christmas, which has made its delight and which still does and always will constitute its charm.

This Christmas charm is inherent in each year and in each life. It is initiative, educative, imaginative. It is the secret of efficiency, the stimulus to aesthetic enjoyment. Started right, it grows along all right. Started wrongly, or never really started, but just let alone, it still by spasms, freaks, twists, works its way out into open expression of itself. The unit of the Christmas charm is numerical, only in so far as it is universal, for its manifestations are as many and as various as the peoples of the world, since the expression of the charm is of our own making; never allowing its

first impulse to decline as we gain in mastery over its expression.

In the cordiality and democracy of the Christmas charm, there is no vulgarity. We are not snobbish, eager to know only the right kind of people. We do not worry, lest we are not doing the right thing, whatever that might be, since we are unconscious of effort. We do not inflict self-discipline upon ourselves as there is no need of it. We are not merely "in love with love," but gloriously, ineffably in love with some one man, and the radiance of that love is circumambient and translucent, as all are blessed in our being blessed. Or if there is no one man, there is always some one to love. Yet, if that somebody be another woman, may there not ensue such a close corporation kind of friendship as to distance other persons and interests,—which is too often the case in the narrow friendship of two women. We will not be prigs in thinking how much good our love does to the one beloved, for we will just give ourselves utterly. That's all, but that all is everything.

Still, asks the cynic, "Must there not be some physical basis for the charm?" And then thinking of some very plain looking person, we answer gladly, "No, not in the Christmas charm, for we make our facial expression by the means of the spirit. It is not in mere propinquity, affinity or idealism, that is found the reality of this charm. It is in the character, which has added to or subtracted from its heredity, whatever would increase or injure the simplicity and integrity of cordiality and democracy: and all unconsciously character is transparent.

Alas, that for so many of us this growth in being our best selves is hindered by the pressure of self-support, a necessity now, emphasized through vocational training and industrial schools. Let us in all this narrowing and harrowing need for physical subsistence, still keep alive our trying for culture, though

it be like the poison flower in the story of "Picciola," which crept through the crannies of the brick yard and grew up into the sunlight, nourished by the prisoner's love for its promise of fulfilment.

The underlying theology of the Christmas charm is the same for conservative, radical or agnostic, as it portends recognition of a given life and gratitude for it, without which personal immortality itself might have seemed less sure. Each twelve months is there clearer ringing of the Christmas bells through the spirit of humanity which invests our lives. Never sound they more gladly, than to the brave and tired hearts of those who are Faithful Failures; those who have tried their utmost, only to fail; those who have been cordial and awkward, only to be snubbed; those who are conscious that they are not wanted round and yet must go on living. To such as those, Christmas comes with its strain of triumphant democracy, good will to all, and if neither giving, nor given unto, they yet are penetrated with the sense of Christmas oneness.

Last July when lawns were dry and brown, the four acres round the State Normal School, at Kearney, Nebraska, were vividly fresh and green, with neither weed nor dandelion in them. For in one half day, teachers and pupils, six hundred in all, had uprooted forty thousand dandelions. If dandelions can be so vanquished by united action, what may not Christian unity do! All pulling together, until the needless hard places in life are conquered, leaving only that to be uprooted and banished, which each individual must do for himself, and which in thus being done, adds to the total of efforts for the making permanent the Christmas charm of cordiality and democracy. Since efficiency is the test of realization, and is what we all crave for ourselves and others, let us win it in the Christmas spirit, inventing new ways of doing the old odd jobs of kindness and of "Love for every unloved creature."

The Ubiquity of Common Sense

By Frances Campbell Sparhawk

THE medical science of today felicitates itself upon having discovered the great and effectual means of prevention and in some cases of cure of tuberculosis. But the appeal to nature's remedies—best and most efficient of all appeals—is not, by any means, wholly a product of today's wit and wisdom; although with the science of today rests the more marked and wide-spread application of these remedies.

But before the middle of the last century a patient about thirty-five years old was sent to the famous physician, Dr. Jackson, then in charge of the Massachusetts General Hospital in Boston. He pronounced hers a case of tuberculosis, the trouble in the top of the lungs. He ordered cold bathing, daily exercise, and plenty of it, in the open air, and a strict regimen as to diet.

The patient was one who could and would carry out with faithfulness any such regulations, and the conditions of her life gave her all comforts and many luxuries. She never neglected herself or was careless as to proper protection against cold and dampness, while, at the same time, being a person of cheefulness of disposition, she was the farthest possible from boring others with self-solicitude. So she lived on and married and retained a fair degree of health. When over sixty years old she had pneumonia in both lungs and recovered, to live into her eighty-first year. Her treatment was the common sense of medicine.

Several years later another sufferer from tuberculosis went by the advice of her physician to a town on the high Western plains where she lived in the open air riding on horseback sometimes forty miles a day, and returned to her home in Eastern Massachusetts in com-

parative health. Here she kept up her out-of-door life to a great degree, until a change in her circumstances compelled her to indoor work. Then the disease developed rapidly and she succumbed to it.

It is beyond all question that medical science has gained immensely during the last quarter of a century. But it is interesting to note that in all ages success in it has been founded upon that substratum of common sense, upon which alone all stable things are built and in which in all ages, making allowance for change in environment, there is a strong resemblance. An incident which happened at the latter part of the eighteenth century, or early in the following, might today be classed among the triumphs of suggestion or the success of the New Thought applied to healing. But as no such explanations were then available, it appeared to the uneducated people in the neighborhood of its occurrence a miracle, when in reality it was only that stiff backbone of common sense by which the whole body of practical life is sustained.

In the land and in the days when the poor were brought to the doctors for help, a bedridden woman was brought in a cart to the door of a famous physician. Her husband and two men who had helped him to put her into the cart bore her groaning with the pain of every motion into the physician's office. The doctor listened to the groans, to the story of the man telling how his wife had long been unable to help herself in any way and how for this time he had nursed and fed her and had also taken care of the children in addition to his daily work. The physician while he listened watched the patient and then he gave her a most careful and thorough

examination. At the end of it he turned to the husband waiting spell-bound upon his verdict. Could anything be done for his poor wife? Or was her case hopeless? In a single sentence the physician solved his doubts. With a drastic application of mental to physical conditions, he said to the man, "Don't give your wife anything to eat unless she prepares it herself."

At this hearing the man uttered a cry of amazement, and, we may suppose, of delight. The woman rose from the floor, upon which she had been stretched, hurled back at the speaker the taunt that she had always heard he was a skeely (skilful) doctor, but she should know better now, walked out of the house and got into the cart herself alone and unaided. Whether she had been in any degree self-deceived or was wholly a fraud we shall never know. But the case remains an evidence of applied common sense in science.

A physician who has now been dead for more than a generation, was during his extensive practice called in one day by her mother to see a young girl, pale, listless and evidently ailing. He examined her and questioned as to her manner of living. She was devoted to novels and would sit day after day in her rocking chair reading these and enacting the lady that she believed such idleness represented, for to her it appeared an elegant leisure. Then she would come listlessly and with little or no appetite to the meals which her anxious and hard-working mother had prepared for her with the greatest care.

"Mrs. C——, your daughter does not need medicine," said the physician. "Take away her novels, set her rocking chair against the wall, put the broom into her hands and let her help you about the house; she needs exercise and healthful occupation and to be of use. Do this and she will come all right. I shall give her no drugs."

Mother and daughter were equally indignant with such a doctor. The

physician departed and for a year his health prescription remained untaken, while the young girl grew more and more pale and listless. At last, Mrs. C——, thoroughly alarmed and recognizing skill and reputation, appealed to him again. Again he came to her daughter and gave the girl the previous prescription—healthful and useful exercise, and no drugs. This time the mother was ready and glad to enforce it—with excellent result.

Another case gave evidence that this physician's prescription to the morbid girl was no fad to be applied to all without distinction, but was knowledge of the mental and physical necessities of health, and the common sense to take the conditions present to make these available. Among his patients was another young girl, active, restless, apt to over-rate and over-use her strength. More than once when called to her in illness, he would say to her, "You do not need medicine. Go to bed, take a novel and stay there a few days until you have thoroughly rested." He was certainly no wholesale condemner of novels; he believed in them and enjoyed them personally and in theory, but as a relaxation, not as the occupation of life.

This same physician use to say that when called to children who were ill he would diagnose the mother as well as the child. If he found the former full of practical common sense, likely to know what to do in an emergency when the doctor was far away, the child's chances for recovery were many times greater. For, in those days and in the country, nurses were not upon every corner.

The famous remark of the celebrated and severe Dr. Abernethy held much New Thought and suggestion. "Doctor," said a complaining patient, my arm hurts me when I move it this way." "Then don't move it that way!" retorted Abernethy.

It is a comfort to know that however much the future may gain in science

and arts and in all devices of living, the methods of tomorrow putting those of today out of date, yet we ourselves possess today certain things delivered to

man from the beginning and indestructible, and common sense is one of these and belongs among the most blessed eternities.

Christmas and Its Significance

By Edith C. Lane

THERE are holidays and holidays, but few, if any, are so universally observed as Christmas. Not alone in America, but throughout the entire world, this feast is considered the greatest of all. Some claim that it should not be tolerated, as it was originally of pagan times, owing, no doubt, to its being so greatly observed by the Druids. These Druids held mistletoe in such reverence that no one was allowed to cut it from the trees without permission, and then in small quantities, claiming that the Goddess of Plenty and of Love would be incensed and refuse her blessings, should the precious mistletoe be carelessly given.

In Italy, Christmas is of the deepest religious significance, high mass being celebrated; the famous Cathedral is fairly ablaze with hundreds of lights and the procession that is held yearly is one of the world's most superb sights.

In Germany, feasting and merrymaking form a great part of the observance—not only the children, but the older folk, enter heart and soul into feasts and games, while even the poor manage to have some gay decoration and save for months to enjoy a tree, if but a tiny one, on this, the finest day of all the year.

It is said, Henry the VIII introduced Christmas festivities into England, having brought to London all manner of jewels, fine furs and robes of priceless value, for royalty's favors, while the servants' hall was, also, most generously filled with countless gifts. Carols were sung Christmas Eve, feasting was con-

tinued for two full weeks, and all manner of joyous entertainments were held, all as a holiday gift from his majesty to the people.

Most foreigners place greater care in preparing for and enjoying the holiday season than do Americans, entering fully into the religious part, as well as the entertainment that is always given. Several families combine forces and purchase a great fir tree, which is gayly decorated with ropes of tinsel, bright colored paper, and candles in such profusion that one no longer doubts the existence of fairies. No doubt we would be happier, if we were more childlike in our enjoyment of holidays, thinking more of the pleasure of a beautiful tree alight with candles, the throng of joyful friends circling around it, singing sweet carols, all in their hearts wishing one another real joy, in place of continually racking ones brains for some way to outdo our neighbor's magnificence. Ten yards of ever-green rope will drape the average room charmingly, while holly and mistletoe are not so expensive but that most people can afford at least a small quantity of it.

If one cannot decorate the entire house, deck one room to present its very gayest appearance, place all the gifts in this room, bring out the prettiest rugs and cushions, don your most becoming garments, and in the beauty of this one room, forget you have any rooms that are not in gala attire. The dining-room should show the best linen, china and glass, sprays of holly

and mistletoe being strewn over the table, lest Sir Turkey be offended, while Princess Plum Pudding must never be served minus a sprig of holly with the brightest berries.

So many say, "Oh, if I could afford it, I should do so much at Christmas; but I really can't." Think of the heartfelt, not to say delirious, glee a few pennies may bring to a street urchin. Take one dollar, have it changed into pennies, then sally forth, and when you see a wistful little face pressed against a show window, gazing so longingly at the treasures, press a penny into the little hand, and give that hand the joy of holding its own money. Only one penny? Yes, one cent to do exactly as they please with is a greater treat to these small folks than much more money spent by elders.

There is the sublime bliss of picking out and paying for themselves. Buy several pairs of really warm—not necessarily

costly, mittens, and give a pair to the frozen-looking ones who are trying, oh, so hard, to make twenty-five cents do the work of dollars. There are countless so-called small things to be done during th Christmas time, which, if people only would do them, would lighten many a weary soul. A few dollars spent with one's heart and mind, often do more real good than much more used without a thought. One often neglects a hungry scul in his immediate neighborhood, while traveling the length of the town to attend to some one there.

Christmas is so wonderful, so deeply solemn, and yet so brightly joyful that no one should fail to appreciate it as it deserves. It is not merely a feast day, but a combination of all that is best and most beautiful in the world; the truth, the sweetness, the power and love of the universe all are embodied in this one magic word—Christmas, the most widely observed of holidays.

The Christmas Fern

By L. M. Thornton

You have sung of the holly and mistletoe,
Of the crimson and white of the months of
snow,
Of the green of the boughs and of berries
red
And the waxen clusters, that over her head
Means; well, what Laddie the pleasure would
miss,
On Christmas Eve, of a forfeited kiss.
But another song I would have you learn,
Of the graceful sprays of the Christmas
Fern.

And so in the midst of the Christmas green
I give it place as the Winter's queen.
With red of berries that gleam and glow
And the waxen grace of the mistletoe.
High in our hearts its charm shall reign,
'Till the day of the rose is come again.
And even then, shall we fondly turn
To a memory green of the Christmas Fern.

The Kaiser's Kitchen

By Helen Frost

TOMORROW we go, no, to visit the Kaiser's Kitchen?"

So said my sweet Fraulein Wertheim in her pretty, broken English. I love the brown-eyed little lady, whose girlhood had slipped away while she was saving and earning her two thousand dollar dowry. Her smart officer-lover, though his name possessed the "Von" of nobility, had not twenty thalers a month, outside his pay,—the sum demanded by a prudent government of the officer who would gain the royal permission to marry a penniless bride. Hence love's young dream waited until Fraulein Wertheim's slowly growing bank account should meet the required sum. Our lessons in the Garten Haus were a joy to me, and my teacher gave me freely of the otherwise inaccessible German life of Berlin.

"The Kaiser's Kitchen, by all means," I answered; a vision of chefs and royal saucepans before my eyes.

"In zis place of which I tell you," went on my instructor, "become the German maidens such Haus Fraus as the Kaiser approves for the Fatherland."

I invited her to share my breakfast, the next morning; rolls, coffee, and preserved barberries, and I joyfully fled the Pension, which was in the throes of Christmas house-cleaning, a sacred rite, and walked half a mile to the Victoria Luise Platz where stands the large stone building known as the Lette Verein, and under the patronage of the Kaiser and Kaiserin.

Ten visitors of us were ushered into the reception room where the Kaiser's portrait, showing him georgious in a red uniform, looked down upon us. A lady patroness in a dark gown, and plain little bonnet, came in to meet us—glanced over the register where we had been requested to write our names and addresses, then

asked us in very good German, which of us was the lady from New York. When I acknowledged my home city she told me she had frequently heard of New York, and that the institution was honored that a New York lady should visit it. She was so "nett" to me that my Fraulein was much gratified by her attentions, and said that they were unusual.

We were taken first to the kitchens where cooking of many kinds was in progress, and with no modern kitchen appliances. A huge brass kettle of boiling stew was taken from the stove, as we entered, and was put into a very simple fireless cooker where seven hours of heat were to make it ready for the girls' six o'clock dinner. The cooker was an old chest, lined with blankets, and when the covered kettle had been put in, the whole was surmounted and enclosed by the invariable feather bed of Germany.

We saw dark-looking sausages being made, mixed with grated potatoes, stuffed into bags, and hung upon the walls.

In another room very elaborate cake was compounded, largely of the almond meal, known as Marzipan, and ornamented with many devices of sugar fruits and flowers. A very inviting looking tart, which seemed to whisper of indigestion to follow, had a crust made of almond flour and a filling of preserved gooseberries. An elderly German, Herr Councilor Somebody, was one of our party, and his serene countenance brightened into absolute geniality as he surveyed these sweets.

In the vegetable room a brown-eyed girl was passing boiled black beans through a sieve.

"Ach!" exclaimed my Fraulein, "it is thus that my Fritz ever chooses to eat the beans."

It seemed to me that few directions were given to the busy girls, but they occasionally asked questions of an older woman, herself hard at work, who apparently was in charge.

Outside the kitchen doors hung samples of every kind of seed or grain used in the making of the foods here prepared. Large charts named and illustrated the various parts of flesh and fowl, and located for the prospective Haus Frau the familiar cuts of meat.

The laundry had no wash boards; paddles and hand rubbing alone were used. No starch was allowed in the embroidery and knitted lace; the tucked shirt, which a giggling prospective Frau was ironing, drooped dispiritedly, and I pitied the man whose linen should be thus set in order. The irons were tremendous, like a tailor's goose, and were kept hot by the insertion of bits of glowing charcoal, supplied from a little stove in a corner of the room.

Upstairs we visited the sewing rooms where I saw one Singer machine among its German counterparts. Some very terrible gowns were in process of construction, but made with a neatness that almost compensated for their designs. Seated near the window was a rosy, blonde girl, whose yellow braids were wound round her head, and whose strong little red hands were knitting with incredible swiftness on a gray stocking. A glance out of the window, her honest face was illumined, and a species of telegraphy drew four workers, my idle self, and even my Fraulein, to the window. Heedless of the light rain which had begun to fall, there stood on the sidewalk below us, four young officers, gorgeous in Alice blue uniforms, gilt braid, and swords.

Fraulein Wertheim was at my elbow: "Why?" I asked her, "does so much elegance allow itself to get wet? Have these officers no umbrellas?"

"An umbrella for an officer!" exclaimed Fraulein. "It is not permitted. He must walk in the rain ever, as last

week, perhaps two miles to a military funeral—and the new buttons, mein Gott!"

German thrift was evident in sample cards on the wall where silk or wool had been so cleverly patched that I actually had to turn the sample over to locate the mended part. Household linen had been invisibly mended with linen ravelings, and a stout gray stocking had been fairly decorated by the basket-like darn in the toe.

For this work,—for the best knitting, indeed, for excellence in any one of the three branches of feminine industry, prizes are annually given by the Kaiser, and other exalted patrons.

We passed the Nurses' Training department, the Bookbinding, the Studio, the Music Rooms—everywhere were full classes and the buzz of industry.

The Kindergarten seemed simple, almost poorly equipped, compared with the American idea evolved from the German original, but rosy little children, from three to five years old, sat round a table working happily. They were given few suggestions, but with small odds and ends of material were working out the expression of their individual ideas of Christmas gifts and Christmas tree decorations.

Some two hundred girls from various parts of Germany live in the dormitory rooms, on the top floor, twenty beds to a room, and pay a few marks a month for the privilege.

The whole busy Lette Verein seemed not so much a place to train teachers, as to prepare girls for home life. There was small look of theory, but much evident practice. Germany's War Lord has strongly in mind the strengthening of domestic bulwarks as well as of his military fortresses, and here, inspired by his vigorous planning, and often by his actual presence, the Haus Frau, upon whom home depends, is in the process of evolution. A little army of German maidens is being carefully prepared to meet their Kaiser's ideas of woman's

legitimate interests in life:—

our more prosaic English—Children,

“Kinder, Kuche, und Kirche,” or, in Kitchen, and Church.

Modern versus Ancient Tables

By Julia Davis Chandler

SOMEHOW our modern tables are more luxurious than comfortable. Who will be courageous enough to have a long narrow table—hence the old name “board”—and have the attendants come before it to serve food as in medieval times? One may see numerous examples of this in illustrated books, dealing with the middle ages; while the luxury of the renaissance period fills us with envy, when we look at some of the paintings of the Italian masters.

In the feudal ages there was one reason for thus facing the great dining hall, for then men were ever alert for danger, and must be ready to defend their castles, and themselves. Hence they had their backs to the walls, with guests and retainers all before them.

Observe, in studying the history of the table and the art of dining, not only old illuminations, carvings, and oil paintings, but also see Abbey's conception of Arthur's Round Table.

The heavenly host are descending in a circle about the knights who surround the circular table. The attendants are in the central space bearing bread and flagons. How can we of to-day think of aught before,—much less above us,—because we must ever and always be looking back over our shoulders, with great difficulty, to be ready for the maid or butler at our left elbow, checking the relation of our most fetching story!

It is worse still, when one's soup plate is taken from the right as the next course is inserted in place from the left by a dexterous waiter. In looking either side it gives one the feeling of being in the way of a flail or a windmill.

To be sure, with short sleeves or lace ones, we do not have the difficulty in safely landing our supplies that was experienced when coat sleeves of silk were fitted skin-tight, making the arms almost paralyzed, and preventing piano playing after luncheon.

Happiness

By Stokely S. Fisher

With nothing but love, dear, life is complete—
Oh what should we want beside?
Let who will strive for the highest seat,
We pine for no honor denied;

And let the proud with the proud compete,
We are ruled by a nobler pride!
With nothing but love, dear, life is complete—
Oh what should we want beside?

The world may the hope of the worldling
cheat—
We never upon it relied;
The fickle delights of the rich are fleet,
Our homely joys abide:
With nothing but love, dear, life is complete—
Oh what should we want beside?

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Face The Sun

"Don't hunt after trouble, but look for success, You'll find what you look for; don't look for distress.

If you see but your shadow, remember, I pray,

That the sun is still shining, but you're in the way.

Don't grumble, don't bluster, don't dream and don't shirk,

Don't think of your worries, but think of your work.

The worries will vanish, the work will be done;

No man sees his shadow who faces the sun."—*To Day's*.

Every pair of idle hands is a tax against every pair of employed hands.

Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.—*Emerson*.

NEATNESS

NEATNESS is a virtue. The difference between man and animal, the savage and civilized races, is indicated by the possession or lack of this trait. Cleanliness or sanitation has come to be the distinguishing mark of the degree of civilization to which a race has attained. What else than cleanliness does sanitation and pure food mean? The significance of these things has come to be tremendous in their bearing on human weal. Habits, good or ill, are easily formed and hard to break. From childhood neatness should be inculcated in school and out; for it means health, happiness and long life.

Our appetites are instinctive. The sight of food is an incentive to eat. It may likewise cause a sudden revulsion of the desire. To say nothing of poor cooking, how many a meal has been lost or spoiled by the unsightly, untidy appearance of the dishes presented. The very semblance of dirt is repellent and destructive to appetite and good feeding. In matters of neatness, the good housekeeper must be beyond even the pale of suspicion. One of the ten commandments might have been: Thou shalt not eat any unclean food or drink any unclean drink. This is the law of nature, anyhow. With the rat, the fly and the deadly germ that unsanitary conditions and uncleanness breed and foster, war has been declared. The pests must be exterminated. To attain this end, so desirable, the most scrupulous neatness must be made the rule of practice in every home and community in the land. The way to reform is to begin at home.

QUALITY VERSUS QUANTITY

A WELL-KNOWN advertising agent said recently that experience had taught him that, in order to attract the general advertiser, a periodical must have a circulation of about 300,000, at least. He also remarked that he knew of publications with a circulation of 50,000

which proved to be far better advertising mediums than others whose circulation was in the hundreds of thousands. The inference from this and other similar statements is that advertisers are beginning to learn that the value to be derived from advertising depends rather upon quality than upon quantity in circulation.

With no excuse or apology, the subject is of special interest and concern to us. This publication certainly does not have a circulation of 300,000, would that it had, and thus it cannot appeal to the general advertiser. But, at the same time, it is not a department, a supplement or a catch-all of the surplus of some larger publication. It is a unit, a whole thing, original and distinct, in itself. It caters to one class only, and that class includes not only teachers and pupils of domestic science, but also pre-eminently the most intelligent and progressive housekeepers and home-makers in the land. Our readers are interested in domestic science and the magazine is adapted to their special daily needs. In our make-up we regard quality as paramount to all else. For many reasons we wish to enlarge our subscription list, and not the least of these is that we may be able to produce a periodical of still greater excellence and worth. Our appeal always is to the enthusiastic, cheerful, and progressive home-maker.

WINTER HOSPITALITY

AS soon as the keen air of autumn begins to sharpen our appetites our thoughts turn to the social pleasures of winter and the exchange of hospitality. The winter is naturally the season of indoor entertainment. We need some gayeties interspersed with the more serious duties of the working months. Feasting has come to be associated in our minds with cold weather. It makes for good cheer and compensates for the rigors of nature. Whether entertaining ourselves or accepting the bounty of others, the good things of the table express mutual good will. Hospitality

may range from the most elaborate display to the simplest fare, but depends chiefly upon the good judgment of the hostess. Lavish entertainment is by no means necessary. Well cooked food, daintily served, is within the means of all who will exert themselves to plan wisely their expenditures. The woman who can concoct her own delicacies has the advantage over those who order from fashionable caterers. There is indeed no excuse for the housekeeper who can not turn her hand to some of the superior niceties of cooking. But if she has no aptitude for so-called fancy dishes, to prepare simple things in a perfect way is one of the best modes of hospitality. In winter entertainment we want above all things else a hot dish that is hot. Even a cup of cocoa, or a bowl of broth on a bitter day, if it be really hot, gives a visitor a grateful sense of comfort.

Winter hospitality is no longer limited in variety of food product. We can have almost anything we want in any month of the year, if we have the means to command it. Yet even so there is an old-fashioned charm in keeping more or less closely to the dear familiar dishes which our forefathers regarded as winter specialties: mince pie and pumpkin pie, Indian pudding, apples and cranberries and all the rest. Though we may keep our houses at summer heat all winter, and dress indoors in silk and muslin, we do well to draw a distinction between the summer and winter dietary. Let us preserve the old customs of genuine winter hospitality.

E. M. H.

UNGASTRONOMIC AMERICA

IN a readable article on "Ungastronomic America," in the *Century Magazine* for November, Benj. T. Fink says to the American public: "It is not only your privilege but your duty to get as much pleasure out of your meals as possible. How is this to be done? First: by refusing to buy denatured, flavorless foods. Secondly, by paying more attention to the preparation of viands, bearing

in mind that the main object of cookery is to develop the countless delicious savors latent in good raw material, or to add others where the food is deficient in natural flavor. Thirdly, by learning how to eat. Epicures alone realize that eating is a fine art, and even they do not know just what it is that makes them enjoy a meal so much more than ordinary mortals do." Then he goes on to assert what few may have suspected, that "with the exception of sweet, sour and bitter, all our countless gastronomic delights come to us through the sense of smell." Hence it follows "that what is often eliminated from food is its very soul, its precious flavor, that which makes it appetizing and enjoyable and, therefore, digestible. We allow covetous or ignorant manufacturers, and incompetent or indolent cooks, to spoil our naturally good food, because we do not, as a nation, realize that on its pleasure-ableness depend our health and comfort, our happiness and capacity for hard work, more than perhaps on anything else."

The circulation of culinary publications is comparatively small in large cities. Here the preparation and serving of food is done on a large scale and is strictly a business proposition. For catering in cities stewards, chefs and cooks, with training and experience, are in demand. The formulas and methods they use are somewhat exclusive and traditional. Chefs are professional cooks and for the most part foreigners. France is the home of the culinary art and French is the language of the menu. This is why so many culinary terms are expressed in French. Still it is doubtful to-day that American cookery is second to that of any other nationality.

But the cuisine of the large restaurant or café is not well suited to the requirements of the average family. In the genuine American home, as it is found in suburban districts and in numerous smaller cities and towns throughout the

land, a journal like the COOKING-SCHOOL MAGAZINE aspires to a place. Here it is especially adapted to supply a requisite need in perfecting home life.

At a gathering of ministers at Manchester it was agreed that each person present should tell a short story. Dr. Watson's assistant minister refused to contribute his quota, because the story personally concerned the doctor. But Dr. Watson insisted, and at length the story was told thus: "I had a dream, and was told that, to go to heaven, I must go up a certain flight of stairs, and chalk my sins on each step as I went up. I was doing so, when I saw the doctor coming down. I said, 'Doctor, man, you are going the wrong way. For what are you going down?' And the doctor answered lugubriously, 'More chalk!'"

Said a physician to an anxious mother, "Do you realize how much a growing boy can eat?" "I should think I ought to, if anybody does," returned she. "When we were up in the mountains this summer, the waitress would come in and say to my boy, 'We have fried fish, steak, liver and bacon, baked and fried potatoes, rye biscuit, muffins, and dry toast.' And that boy Ned would say, 'I'll take it all please—and some eggs.'"

Most is accomplished in anything, by working along the lines of least resistance. It pays to study human types—it obviates the offering of things to folks who have no need of them. The good salesman offers to a type what that type can appreciate.—*The Caxton*.

"What has your boy learned at school this season?" "He has learned that he'll have to be vaccinated, that his eyes aren't really mates, and that his method of breathing is entirely obsolete."—*Selected*.

The only customers who last are those secured on a basis of "Quality," "Service" and "Fair Dealing."



LETTUCE-AND-ROQUEFORT SALAD DRESSING

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Fillet of Beef, Bouquet Fashion

REMOVE all unedible portions from a fillet of beef and draw into the best surface three rows of salt-pork lardoons; cut the lardoons of good length that they may be tied in a single knot. Roast or pöele the fillet as desired. If pöeling be selected as the method of cooking, baste with melted glaze several times, at the last cooking, to secure a surface of high gloss. Have ready, cooked and hot, some flowerets of cauliflower, balls of carrot and of potatoes, and about a cup of Bernaise sauce. Dispose the hot vegetables around the meat on a serving dish. Serve the sauce in a bowl. After the potato balls have been blanched and dried on a cloth, let them cook in the oven, in a little melted butter, to a golden brown, shaking the pan occasionally to avoid burning.

Tapioca Soup

Heat two quarts and a half of consommé to the boiling point; gradually

sprinkle in a cup of any quick-cooking tapioca, stirring constantly meanwhile, and continue to stir until boiling vigorously throughout, then let cook over boiling water half an hour, stirring occasionally. When the soup is done, the tapioca is not visible in the soup, which it has slightly thickened.

Celery Soup

Cook one pint of tomatoes, one cup and a half of celery leaves and coarse stalks, a large onion, cut in slices, and part of a spice bag, or three or four cloves, bit of bay leaf or blade of mace tied in two parsley branches, half an hour. Press the vegetables through a sieve, add two quarts of broth and let stand until boiling, then stir in two level teaspoonfuls of potato flour, stirred to a smooth consistency with half a cup of broth or water. Let simmer fifteen minutes. Broth made of fresh meat is the best, but that made from the framework and remnants of roast poultry, with a little fresh meat, makes a most palatable soup.

Bernaise Sauce

Put three tablespoonfuls of fine-chopped shallot (very small, mild onions), half a dozen pepper-corns, and one-fourth a cup of vinegar to simmer on the back of the range. When the moisture has nearly evaporated, add two tablespoonfuls of butter and the beaten yolks of three eggs. Set the saucepan into a dish of boiling water, then stir and let cook, adding twice, meanwhile, two more tablespoonfuls of butter (three ounces of butter in all). When the sauce thickens, season with salt and a little paprika, strain and finish with a teaspoonful, each, of fine-chopped tarragon and chervil. Tarragon-vinegar may

chili pepper pulp (scraped from the skin), or half a teaspoonful of paprika, four tablespoonfuls of cream and a teaspoonful of sweet herbs or poultry seasoning, if desired. For a drier dressing add the beaten yolks of two eggs. One cup of bread crumbs mixed with one-third a cup of butter may be substituted for the nut meats.

Mashed Potato, Marquise Style

Reduce some red tomato purée by cooking until quite consistent. Have the potatoes mashed, seasoned with salt, pepper and butter as usual, then beat in tomato purée to make of a consistency to use with pastry bag and tube. Shape on a buttered baking sheet, brush



FILLET OF BEEF, BOUQUET FASHION

be used with the shallot, when fresh tarragon leaves are not obtainable. Green pepper pod, chopped fine, is better than pepper-corns. For a change meat glaze may be added to the sauce, to give it a brown color, and it then becomes Bernaise Brune. The addition of tomato purée gives a very good Bernaise Tomaté. Two tablespoonfuls of purée are sufficient.

Potato Stuffing for Roast Goose

Mix together two cups of hot mashed potato, half a cup of sliced pecan-nut meats, one teaspoonful of grated onion, one teaspoonful of salt, a teaspoonful of

over with beaten egg diluted with milk and set them in an oven to become hot and browned slightly. Serve as a garnish around a dish of meat or fish. This potato may also be served without browning it, when the Christmas color is more in evidence.

Venison Timbales

If the venison be young, cutlets from the leg may be used; if the flesh be from an older creature, a piece of the fillet from under the rump should be selected. Scrape the pulp from the fibres; there should be a generous half pound of pulp (about one cup and a

fourth); add half a cup of bread panada (bread cooked in milk or broth to a smooth paste) and two tablespoonfuls of

of carrot, a bit of bay leaf and two sprigs of parsley, stir and cook until brown, then add one-third a cup of



STEAMED CARROT PUDDING (CHRISTMAS PLUM)

cold brown sauce and pound in a chopping bowl with a wooden pestle to a smooth paste; add two tablespoonfuls of butter, half a teaspoonful of salt, a dash of pepper and again pound until smooth; then add three eggs, one after another, pounding smooth after the addition of each egg. Press through a sieve, then use in filling timbale molds, thoroughly buttered. Let cook on many folds of paper and surrounded with hot water. Unmold and surround with Brown Currant Jelly Sauce.

Brown Currant Jelly Sauce

Put over the fire four tablespoonfuls of butter, two slices of onion, four slices

flour, half a teaspoonful of salt and a dash of paprika and stir and cook until the flour is browned; add two cups of rich, brown stock and stir until boiling, then strain over one-fourth a cup of currant jelly and two tablespoonfuls of Madeira.

Steamed Carrot Pudding (Christmas Plum)

Wash and scrape three or four carrots, then grate enough pulp to weigh one pound. Chop one pound of suet; mix through it half a pound, each, of raisins and currants and one cup of sugar, then mix the whole with the grated carrot. Sift together one cup and a half of pas-



STUFFED APPLES IN JELLY

try flour, one teaspoonful of salt, two teaspoonfuls of baking powder, one teaspoonful, each, of ground cinnamon and nutmeg and half a teaspoonful of ground cloves, then mix into the suet and fruit mixture and press into a buttered mold. Do not add any liquid. Steam in a mold three hours and a half. Serve with wine or hard sauce. The hard sauce may be piped on slices of lemon, set around the pudding, on a hot dish. In the illustration the mold was decorated by pressing halves of peacan-nut meats into the butter with which the inside of the mold was liberally spread.

Caramel Bavarian Cream

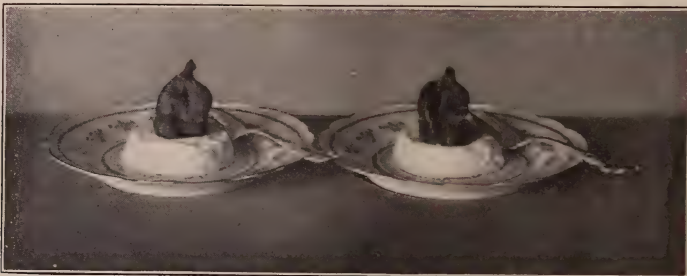
Stir two-thirds a cup of sugar over the fire until it melts and becomes caramel; add half a cup of water and let boil until the caramel is melted. Soften one-fourth a box of gelatine in one-fourth a cup of cold water and dissolve in the hot syrup; strain into a dish set in ice and water and stir occasionally until the mixture begins to thicken, then stir constantly and fold in one cup and a half of cream beaten until nearly firm throughout.

Mocha Frosting

Beat one cup of butter to a cream; gradually beat in two ounces of softened

Stuffed Apples in Jelly

Boil one cup of sugar and a cup of water five minutes; put in four apples, pared and cored, and let cook until tender throughout, turning often to keep the shape. Chop one-fourth a cup of seeded raisins, three or four cherries and a few bits of other fruit, as pineapple, if available; let cook in a little sugar and water, then use to fill the opening in the apples. Soften one-third a package of gelatine in one-third a cup of cold water. To the syrup in which the apples were cooked add the juice of a lemon, one cup of other fruit juice (as pineapple, peach, etc.), one-third a cup of sugar, the softened gelatine and enough hot water to make three cups in all. If the fruit juice does not color the juice sufficiently, add a little vegetable color. Strain the liquid into a rectangular pan to make jelly half an inch thick; on this set the prepared apples, (these should be nicely chilled beforehand), pour jelly around them and then over them until all is used. To serve set the dish in lukewarm water, an instant only, then unmold on a paper laid over a meat board. With a round cutter dipped in hot water, cut out the apples with jelly attached to them and with a broad spatula lift them to serving dishes. Or, with a knife, wet in hot



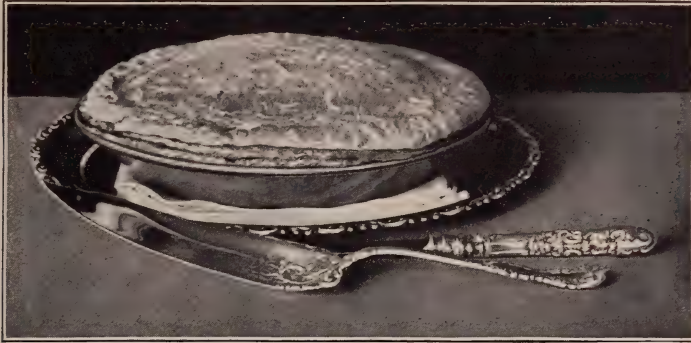
FIGS, WITH CREAM CHEESE GLACÉ

chocolate and two cups and a half of sifted powdered sugar, then, very gradually, about one-fourth a cup of very-strong coffee. The coffee should be as strong as coffee extract; not all the quantity given may be needed.

water, cut out squares with an apple in the center of each. Serve with or without cream. If the jelly is not firm enough to remain in place around the apples while moving them, cut it in cubes or break it with a fork and pile

around the apples. Jelly is best when not too firm.

Lettuce-and-Roquefort Salad Dressing



MINCE PIE, WITH APPLE MERINGUE

Figs, with Cream Cheese Glacé

Beat one-third a cup of cream until firm, then gradually fold it into two-thirds a cup of cream cheese that has been broken up and beaten slightly with a silver fork. Run a narrow (half inch) strip of waxed paper over the bottom and up the sides of paper cases or tin timbale molds and into each press enough of the cheese for one serving; spread paper over the cheese and set the molds one above another in an ice-cream mold. Pack the mold in equal measures of ice and salt. Let stand an hour and unmold on serving plates. Set a cooked fig, sweetened (flavored with sherry if desired) and thoroughly chilled, above each service of cheese. Pour over a little syrup and serve at once. The cheese should not be frozen too hard.

Have a head of lettuce carefully washed and dried in a bowl. Put about two ounces (quarter of a cup) of Roquefort cheese in a bowl and with a new wooden spoon (an apple-tree or olive-wood spoon is nice for dining room use), work the cheese to a cream, then gradually beat in from four to six tablespoonfuls of olive oil, two to three tablespoonfuls of vinegar and a scant half teaspoonful, each, of salt and paprika. The uncooked yolk of an egg is sometimes beaten into the cheese and thick cream may replace part of the oil. Pour the dressing over the lettuce, lift the leaves carefully and, when well mixed, serve at once. Or, preferably, dispose the dressing on the lettuce after it has been set on the plates. This dressing is particularly good for lettuce and endive, sliced tomatoes and cold boiled



CHRISTMAS SALAD

cauliflower.

Christmas Salad

Use white grapes, sliced peaches (canned) and pineapples, pulled from the core with a fork, or if canned pineapple be used, cut in small bits. The grapes should be skinned, cut in halves and seeded. Dispose these in separate mounds on heart leaves of lettuce. Serve Golden Dressing in a bowl.

Golden Dressing

Heat one-fourth a cup of lemon juice and one-fourth a cup of other fruit juice, as pineapple, orange and the like, in a double-boiler. Beat two eggs; beat in from one-fourth to one-half a cup of sugar and cook in the hot liquid until the spoon is well coated. Remove from the fire to a dish of cold water, beat a few moments and, when cold and ready to use, fold in from one-third to one-half a cup of cream, beaten firm.

Cocoanut Butter

Grate the meat of a cocoanut and over it pour one cup of boiling water; cover and let stand half an hour; strain

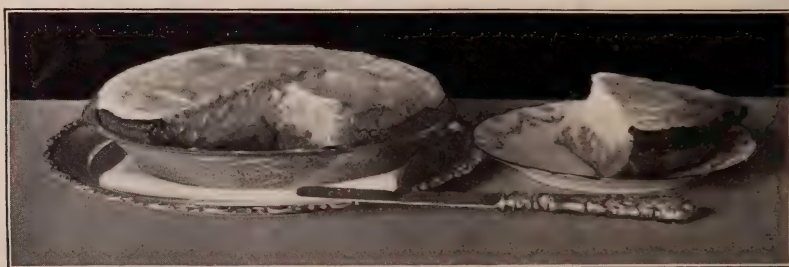
spread over the pie an apple meringue and set the pie into a very moderate oven to cook the meringue. After ten or twelve minutes, increase the heat to color the meringue delicately. Serve the pie soon after removal from the oven.

Apple Meringue

Peel and grate one large tart apple, adding to the pulp, meanwhile, a tablespoonful of lemon juice and a cup of sugar. Beat the whites of two eggs dry, then gradually beat in the sugar and apple and use as indicated above. The meringue may, also, be cooked in a small buttered mold, set in a dish of hot water, and served hot, with cream and sugar or a cold boiled custard.

Gateau St. Emilion

Bake a loaf of sponge cake—that made of potato flour is particularly good for this purpose—in a round pan without a tube. When cold, score the top, all around, three-fourths an inch from the center, and carefully remove a thin round of cake that may be returned to place later on. Remove more of the cake to leave a case with walls nearly



APPLE PIE, WITH MERINGUE

through a piece of cheese-cloth, pressing out all the liquid possible. Add sugar to equal the quantity of the liquid and let cook until thick as honey. Use with bread, in the same manner as honey.

Mince Pie, with Apple Meringue

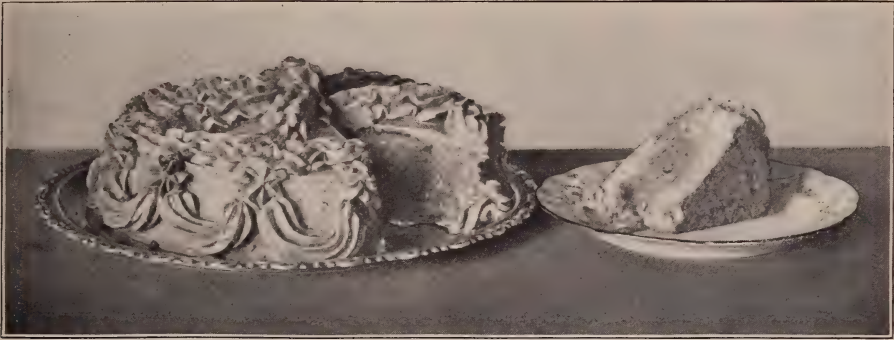
Bake a mince pie, prepared in the usual manner, having the upper crust of puff or flaky pastry and rolled out rather thin. Shortly before serving,

an inch thick; fill the case with caramel Bavarian cream, and set the round of cake back in place to give the original shape of the loaf. Spread the whole outside of the cake with a thin layer of Mocha frosting and ornament with more of the same frosting, put on with bag and star tube. Sprinkle with fine-chopped pistachio nuts. Set in a cool place until ready to serve. For a more holiday effect, stir chopped pistachio

nuts and candied cherries through the Bavarian cream when it is just on the point of setting.

in that used on top.

Decorative Icing



GATEAU ST. EMILION

Poinsettia Cake

Beat half a cup of butter to a cream; gradually beat in one cup of granulated sugar, then the beaten yolks of three eggs, one-fourth a cup of sweet cream, two cups of sifted flour, sifted again with a slightly rounding teaspoonful of baking powder, and, lastly, the whites of three eggs, beaten dry, and half a teaspoonful of vanilla extract. Bake in a tube pan about fifty minutes. Boil one-fourth a cup, each, of sugar and water to a syrup, or, about four minutes; remove from the fire and stir in sifted confectioners' sugar to make a frosting that will not run from the cake. Ice the cake when cold. More sugar will be needed in the icing on the sides than

Dissolve a cup of granulated sugar in one-fourth a cup of hot water. Wash down the sugar from the sides of the pan, cover and let boil three or four minutes; uncover and let boil to 240° F. on a sugar thermometer, or to a rather firm "soft ball." Pour in a fine stream on the whites of two eggs, beaten dry, beating constantly meanwhile. Return the icing to the saucepan and let cook on an asbestos mat or over boiling water, beating constantly, until the icing will hold the shape given it. For poinsettias use a leaf tube. For the centers use tiny yellow candies. The icing may be left white or tinted with color paste.

Spanish Cake

Beat one cup of butter to a cream;



POINSETTIA CAKE

gradually beat in two cups of sugar, then the beaten yolks of four eggs, and, alternately, one cup of milk and three cups and one-half of sifted flour, through which five level teaspoonfuls of baking powder, two teaspoonfuls of cinnamon and one teaspoonful, each, of cloves and mace have been sifted. Lastly, add the whites of four eggs beaten dry. Bake in a tube pan about one hour and a quarter. When cold cover

Shave half a pound of "Dot" Chocolate into a small (half-pint) receptacle; beat constantly while melting over, or in, a dish of lukewarm water. Drop the caramels on ball shapes, prepared as above, one by one, into the melted chocolate. With a candy dipper lift from the chocolate and drop on a piece of table oil-cloth. Do not add flavoring, water or any other article to the chocolate.



SPANISH CAKE

with plain boiled frosting and decorate with small holly leaves, cut from thin slices of citron, and with small red berries.

Opera Coffee Caramels

Boil two cups of sugar and one cup of strong, clear coffee to soft ball or to between 236° and 238° on a sugar thermometer. Stir until the sugar is melted, cover and let cook two or three minutes, watching lest it boil over (on account of the coffee), then remove the cover and without stirring cook as above. Add three tablespoonfuls of butter. Remove the dish of syrup to a pan of cold water; after a few minutes beat until creamy, then turn on to a marble slab and knead into a ball; with a rolling pin pat and roll into a sheet half an inch thick, then cut into cubes. Or, roll in the hands into small balls, ovals or other shapes.

Coffee Caramels, Chocolate Dipped

Opera Chocolate Caramels

Use the above recipe, substituting water in the place of coffee, and when removing the syrup from the fire add between one and two ounces of melted chocolate and a teaspoonful of vanilla. Finish by dipping in "Dot" Chocolate.

Marshmallow Salad

Cut fresh choice marshmallows in quarters and add an equal measure of cubes or blocks of fresh or canned pineapples or peaches. Beat three-fourths a cup of double cream, one-fourth a teaspoonful of salt, half a teaspoonful of paprika and two- or three tablespoonfuls of lemon juice until consistent throughout, then fold in the prepared ingredients. There should be about a cup, each, of fruit and marshmallows. Serve on heart leaves of lettuce in place of a dessert dish. If canned fruit be used, drain it carefully before mixing it into the dressing. Do not mix the fruit with the dressing until ready to serve it.

Menus for Christmas Holidays



Dinner

I

Consommé, Christmas Style
(Cubes of spinach, or green pea, and
tomato custard)
Lobster Newburg in Ramekins or
Timbale Cases
Young Goose, Roasted, Apple Sauce
Mashed Potato, Vienna Style
Brussels Sprouts, Hollandaise Sauce
Pineapple Sherbet
Venison Timbales,
Currant Jelly Sauce
Celery-and-Orange Salad
Plum Pudding, Hard Sauce and
Wine Sauce
Frozen Egg Nogg
Macaroons
Bonbons Nuts Coffee

II

Grapefruit Cocktail, Cherries
Clam Broth
Fish Timbales, Lobster Sauce
Hot House Cucumbers
Larded Fillet of Beef, Roasted,
Bouquet Fashion
Raspberry Sherbet
Truffled Fillets of Chicken Breast,
Perigueux Sauce
Asparagus Cream Glacé
Frozen Pudding, Whipped Cream Sauce
Bonbons Nuts
Coffee



High Tea or Supper

I

Consommé a la Royal
Terrine of Chicken and Ham
Lettuce-and-Stringless Bean Salad
Garnish of Tomato Jelly
Hot Lady Finger Rolls
Cake
Chestnuts, Chantilly
Coffee

II

Grapefruit Cocktail
Chicken Croquettes, Peas
Parker House Rolls
Cheese Balls
Lettuce Salad
Sponge Cake
Cocoa, Whipped Cream

III

Chicken Broth
Scalloped Oysters
Baking Powder Biscuit
Olives Gherkins
Lettuce or Endive, Roquefort Cheese
Dressing
English Muffins, Toasted
Gateau St. Emilion
Coffee
Coffee Caramels, Chocolate Dipped



Buffet Luncheon

I

Bouillon
Galantine of Chicken, Chaudfroid
Chicken-and-Celery Salad
Mousse of Asparagus with Lettuce
Parker House Rolls
Bread and Butter Sandwiches
Frozen Pudding
Chestnuts, Chantilly
Marquise Sherbet
Small Decorated Christmas Cakes
Coffee

II

Scalloped Oysters in Shells
Chicken Patties
Lobster Croquettes, Peas
Hot Rolls
Sandwiches
Large Decorated Cake
Macaroons Christmas Wreaths (1910)
Vanilla Ice Cream, Strawberry Sauce
Bonbons Salted Nuts
Marrons Glacé
Coffee

Inexpensive Menus for an Institution—Adults

"To order dinner well involves an understanding of novelty, simplicity and good taste."

SUNDAY	Breakfast Cereal, Thin Cream Rye Meal Biscuit, Reheated Dry Toast Dried Peaches, Stewed Coffee or Tea	Breakfast Sausage Potatoes Cooked in Milk Hot Baked Apples Buckwheat Griddle Cakes Coffee Tea	WEDNESDAY
	Dinner Chicken Pie, Cranberry Sauce Sweet Potatoes, Southern Style Celery Mashed Turnips Caramel Ice Cream (Junket) Cookies, Half Cups of Coffee	Dinner Fresh Codfish Chowder Philadelphia Relish Cranberry Pie Cheese Half Cups of Coffee	
	Supper Hot, Savory Rice (Cooked with tomato, onion, cheese) Bread and Butter Apples Stuffed with Dates, Baked, Thin Cream, Tea	Supper Hashed Lamb on Toast Stewed Tomatoes or Lima Bean Salad Gingersnaps Tea or Cocoa	
MONDAY	Breakfast Cereal, Thin Cream Bananas, Plain, Sliced or Fried Broiled Bacon Graham Baking Powder Biscuit Coffee Cocoa	Breakfast Cream Toast Frizzled Dried Beef Doughnuts Coffee Cocoa	THURSDAY
	Dinner Hamburg Roast Franconia Potatoes Creamed Celery au Gratin Queen of Puddings or Squash Pie Half Cups of Coffee	Dinner Boiled Corned Beef Boiled Cabbage Boiled Potatoes Boiled Turnips Baked Indian Pudding, Whipped Cream Half Cups of Coffee	
	Supper Cheese Pudding Stewed Prunes Hot Gingerbread Tea	Supper Gnocchi à la Romaine Stewed Prunes or Celery-and-Apple Salad Yeast Rolls, Reheated or Fresh Baked Tea	
TUESDAY	Breakfast Oranges or Cereal, Thin Cream Broiled Salt Mackerel White Hashed Potatoes Corn Meal Muffins or Corn Cake Coffee Cocoa	Breakfast Corned Beef-and-Potato Hash Home Made Pickles Rice Griddle Cakes, Syrup Dry Toast, Coffee Cocoa	FRIDAY
	Dinner Fore Quarter of Lamb, Steamed Boiled Potatoes Boiled Onions Stringless Beans, French Dressing Apple Dumplings Half Cups of Coffee	Dinner Fillets of Fresh Fish, Baked Bread Dressing Mashed Potatoes Pickled Beets or Scalloped Tomatoes and Onions Baked Apples with Jelly or Apple Pie Cheese Tea Coffee	
	Supper Lamb-and-Tomato Soup Browned Crackers Cake with Chocolate Custard Filling Tea	Supper Creamed Fish au Gratin Baking Powder Biscuit Cabbage Salad Peanut Macaroons Coffee	
SATURDAY	Breakfast Broiled Bacon Baked Potatoes Corn Meal Mush, Fried Fried Bananas Coffee Cocoa	Dinner Roast Spare Ribs of Pork Apple Sauce Squash, Scalloped Cabbage Potatoes, Lemon Sherbet Cookies Tea	Supper Kornlet or Mexican Rabbit Stewed Crab Apples Graham Muffins Tea

Menu for a Week in December

"It is both wholesome and agreeable to vary the food on different days, both as to the materials and mode of dressing them."—Walker.

CHRISTMAS DAY (MONDAY)

Breakfast

Baked Apples Boiled Rice
Sausage Hashed Potatoes
Rye Meal Biscuit Coffee Cocoa

Dinner

Halves of Grapefruit
Roast Goose, Potato Stuffing
Apple Sauce Brussels Sprouts
Celery and Lettuce, French Dressing
Mince Pie with Apple Meringue
Nuts Bonbons Raisins
Coffee
Creamed Celery au Gratin
Baking Powder Biscuit
Gateau St. Emilion
Tea

Breakfast

Cereal, Thin Cream
Cold Boiled Ham, Mustard
French Fried Potatoes
Bread Crumb Griddle Cakes, Syrup
Coffee Cocoa

Luncheon

Stewed Lima Beans (Dried)
Boston Brown Bread, Doughnuts Cocoa

Dinner

Fowl, Steamed and Browned in Oven
Giblet Sauce Cranberry Sauce
Creamed Onions
Mashed Potatoes Celery
Stewed Figs, Thin Cream
Marguerites, Half Cups of Coffee

THURSDAY

TUESDAY

Breakfast

Broiled Salt Mackerel
Baked Potatoes Pickled Beets
Spider Corn Cake
Coffee Cocoa

Luncheon

Scalloped Oysters
Lettuce, Roquefort Cheese Dressing
Lady Finger Rolls
Apples in Jelly, Whipped Cream, Tea

Dinner

Celery Soup
Beef Steak, Bernaise Sauce
Baked Sweet Potatoes
Canned String Beans
Cottage Pudding, Foamy Sauce, Coffee

Breakfast

Hashed Fowl on Toast
Potato Cakes, Browned
Doughnuts Coffee

Luncheon

Hot Ham Sandwiches
Philadelphia Relish
Squash Pie
Cocoa Tea

Dinner

Halibut, Sautéd
Cubes of Potato, Maître d' Hôtel
Scalloped Cabbage
Caramel-Coffee Jelly, Cream
Cookies Tea

FRIDAY

WEDNESDAY

Breakfast

Cold Boiled Ham, Mustard
Creamed Potatoes Graham Bread
Baking Powder Biscuit
Cranberry Sauce or Grapefruit Marmalade
Coffee Cocoa

Luncheon

Tomato Rabbit
Stewed Prunes
Dried Peach or Apple Cake
Cocoa or Coffee

Dinner

Brown Gravy, Franconia Potatoes
Squash au Gratin Cabbage Salad
Stewed Figs Cream-Cheese
Toasted Crackers
Half Cups of Coffee
Boned Leg of Lamb, Roasted

Breakfast

Broiled Bacon
Fried Bananas
Rice Griddle Cakes, Syrup
Coffee Cocoa

Luncheon

Oyster Stew
Olives
Cranberry Pie Edam Cheese
Coffee

Dinner

Shepherd's Pie (Cold leg of lamb)
Scalloped Tomatoes and Onions
Carrot Pudding, Hard and Syrup Sauce
(Steamed plum)
Browned Crackers Cheese
Half Cups of Coffee

SATURDAY

SUNDAY

Breakfast

Cereal, Thin Cream
Waffles, Maple Syrup
Coffee Cocoa

Dinner

Grapefruit Cocktail
Roast Domestic Ducks
Grape or Black Currant Jelly
Mashed Potatoes Mashed Turnips
Celery Salad
Mince Pie with Apple Meringue
Grapes Coffee

Supper

Smoked Halibut, Curried
Boiled Rice
Stewed or Canned Fruit
Cookies Tea

Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XV.

Gelatine

DURING our study of fruit cookery, we found that a jelly is formed from fruit juices by the development in them of a substance which is called "pectin." This closely resembles the vegetable gums. On being boiled it becomes first, "pectosic acid," which stiffens to a jelly when cold, and next "pectic acid," a jelly hot or cold. All fruits do not, however, contain this "pectin," so that we must seek some other material for stiffening, if we wish to make a jelly flavored with them. Vegetables, also, must be artificially molded, if we wish to make them into jelly, as for instance, tomato jelly for salad. For such stiffening material we use gelatine. The word gelatine is derived from the Latin verb *gelare*, "to congeal."

Gelatine, as we are able to buy it to-day, is a very different matter from the "calves' foot jelly" prepared by our great-grandmothers. They began with the raw material, and, after many cleansing processes, with much boiling, extracted their own gelatine. This they then flavored and made into jelly, much as we do now-a-days. To-day the chemist and manufacturer have taken this work out of the home kitchen, to the joy of anyone who has ever undertaken the preparation of gelatine by the old method.

Gelatine is one of the foods called "albuminoids." It is of animal origin and is similar to the proteids, though not a proteid. We shall see later what its food value may be considered. It is manufactured from the bones, hoofs, skin, tendons and other inedible portions of the animal. These are heated under

pressure and the product is thoroughly cleansed and purified. Less carefully prepared, this product becomes "glue," which closely resembles gelatine. One of the purest gelatines, as well as one of the most expensive, is made from the air-bladder of the sturgeon and is known as isinglass. It is really no better for practical use than its more common and cheaper companions.

(Let the pupils recall the jelly they have seen form about the joints and bones of a chicken, stewed in any way; also the thick, solid jelly of the soup stock beneath its coating of fat, after the stock is thoroughly cold. From what was this jelly derived in both cases? For soup stock do we choose meat, bone, or a proportion of each? What proportion?)

The manufacturer furnishes us with three kinds of gelatine, sheet, stick and powdered. The sheet gelatine must be cut into pieces with scissors before it may be utilized. The powdered form requires very little, if any, soaking. It is, therefore, more convenient when the time is limited for preparing a dish, as it often is in class. Some of the powdered gelatines upon the market have very slight stiffening power, so care must be taken to use a sufficient quantity. A good gelatine must have no odor or taste, so nearly as that is possible, and must yield a transparent, straw-colored jelly, sparkling and clear. Colored gelatines, like most artificially colored foods, should be regarded with suspicion.

To find out the best way for cooking gelatine, let the pupils try certain experiments that they may see its behavior

under different conditions. Granulated (or powdered) gelatine may best be used in these experiments, since it responds more rapidly than do the others. Our experiments naturally concern first its solubility in water at different temperatures.

Experiment I.

$\frac{1}{2}$ a teaspoonful of dry gelatine		2 tablespoonfuls of cold water
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Let these stand for a few minutes and notice the appearance of the gelatine.

Experiment II.

Cover a few pieces of the stick or sheet gelatine with cold water and compare with the former experiment. Is the water absorbed as readily? Why?

Experiment III.

2 tablespoonfuls of cold water		$\frac{1}{2}$ a teaspoonful of gelatine
$\frac{1}{2}$ a cup of warm water		

Experiment IV.

Use the same ingredients as in Experiment III., but have the one-half a cup of warm water *boiling* water, instead.

Compare this experiment with the previous one.

Experiment V.

Chill both thoroughly and report results. What difference do you see? Why?

Experiment VI.

Boil the mixture in Experiment III. and then chill it. What happens during the boiling? Does it harden readily afterward?

Let the pupils formulate for themselves, as a result of these experiments, that:—

1. Gelatine softens and swells in cold water, is dissolved in *boiling* water and turns to a jelly upon being chilled.

2. Gelatine must not be boiled, as it loses its power to stiffen.

To illustrate the cookery of gelatine dishes, prepare first lemon jelly.

Lemon Jelly

2 teaspoonfuls of granulated gelatine		2 tablespoonfuls of cold water
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4 tablespoonfuls of lemon juice		$1\frac{1}{2}$ cups of boiling water
$\frac{1}{2}$ a cup of sugar		

Mix together the sugar and lemon juice. Let the gelatine and cold water stand together for a few minutes, then pour the *boiling* water over it. Add the sugar and lemon juice and strain into a cold, wet mould. Let it stand on ice or in a cold place to stiffen.

(What precaution must be taken as to the boiling water?)

This recipe may be made into snow pudding by the addition of the white of egg, beaten to a stiff froth, during the cooling.

Snow Pudding

When the lemon jelly is cooled to about the consistency of thick cream, beat into it thoroughly the stiff-beaten whites of two eggs. Put into a cold, wet mold to stiffen or pile lightly on a dish for serving. Make the yolks of the eggs into a soft custard to serve with the snow pudding.

Coffee Jelly

1 tablespoonful of granulated gelatine		$\frac{1}{2}$ a cup of cold water
$\frac{1}{2}$ a cup of boiling water		3 tablespoonfuls of sugar
		1 cup of strong coffee (boiling)

Put together like the lemon jelly. (Let the pupils make these directions for themselves.)

Serve the coffee jelly in a mold, or cut it into cubes and turn out on a dish. Serve with it cream and sugar or whipped cream, flavored with vanilla and sweetened.

Whipped Cream

$\frac{1}{2}$ a cup of thick cream		3 tablespoonfuls of powdered sugar
2 tablespoonfuls of milk		$\frac{1}{4}$ a teaspoonful of vanilla

Mix the milk and cream and beat until it begins to be thick. Add the sugar and vanilla and beat again. Be very careful not to beat it too long. (What is the danger in too long beating? Why is the milk added? If there

is no milk a *very* small amount of water may be mixed with the cream, to serve the same purpose.)

The use of gelatine with milk or custard may be illustrated by the preparation of

Spanish Cream

1	tablespoonful of granulated gelatine	$\frac{1}{2}$	a cup of sugar
		1-16	a teaspoonful of salt
$1\frac{1}{2}$	cups of milk	$\frac{1}{2}$	a teaspoonful of vanilla
2	eggs		

Scald the milk, reserving three tablespoonfuls cold, to soften the gelatine. Separate the eggs and beat the whites very stiff. Add the sugar and salt to the yolks, beaten to a froth. Pour the scalded milk over the softened gelatine, then pour this mixture over the beaten yolks and return to the double boiler. Cook slowly over hot water until the mixture thickens evenly. (It must be stirred gently and constantly during this cooking.) Remove from the heat and cool, then beat in the stiff white of eggs. Chill in cold, wet molds.

If the time for preparing gelatine dishes be short, let the pupils see that a larger proportion of gelatine will hasten the process of stiffening. Too much gelatine, however, is likely to give a disagreeable flavor and, with too long time for hardening, to produce a tough, leathery consistency.

The food value of gelatine has been a somewhat disputed point. Long ago, the calves' foot jelly which our great-grandmothers prepared was considered a most nourishing and strengthening dish. It was a delicacy given to invalids, not only because it was cooling and tempting to the palate but also because

it was believed to have much value as a body-builder. In the early part of the nineteenth century a commission was appointed by the French Academy of Sciences, to determine whether soup made by boiling bones was, indeed, a suitable food for hospital patients. This commission worked for about ten years, then reported that gelatine was not a nutritious food.

Later experiments have in a measure contradicted their conclusions. Gelatine has a place to fill in our diet, aside from its mere attractiveness in form and color. It furnishes no real nourishment, but it may be called a "proteid saver." It is comparatively easy of digestion and not in any sense actually unwholesome, as Baron Liebig once contended. The desserts prepared with it owe their value very largely to the cream, custard and other sauces with which they are served. They are often far more attractive, especially in summer, with their sparkling, refreshing coolness, than are heavier puddings. They are, also, more digestible and for that reason more suitable for the finishing touch of a hearty dinner, which may already have taxed the digestive powers of the diner. On the other hand, two great elaboration and fussiness are frequently shown in the making of fancy gelatine dishes. In England, particularly, it is considered a very great ornament to a dinner table to have upon it a mold of gelatine jelly, mysterious in color and wonderful in design—sometimes fearful to the taste! Let simplicity be the keynote in the preparation of these desserts as well as in all the operations of the kitchen.

Success

By Stokely S. Fisher

Happy the reaping where good seeds are sown!
But happiest he who sows the provident seed
Of future harvests for the common need,
Though giving all, and seen by God alone!

The Breakfast Rut

By Anne Guilbert Mahon

JOHN never wants anything for his breakfast, but bacon and eggs and coffee. I always know what I am going to have. It really saves a great deal of trouble."

This is the cry of many a housewife in our land today, although the name is not always "John" and the breakfast menu in question is not always "bacon and eggs and coffee." It stands for a type, however, whatever may be the name of the good man of the house, and whatever may be the bill of fare chosen for the routine breakfast.

The practice is easily fallen into and sometimes unconsciously pursued. Granted that "John" does like the "bacon and eggs and coffee," does he ever have a chance to decline anything else in the way of breakfast dishes? Does he not always adhere to the same menu, because there is nothing else provided in the way of variety? Are there not times when a watchful wife and housekeeper would notice that "John" did not eat all his bacon and eggs, nor drink all his coffee, that there were times when "John had no appetite"?

It is still a custom in some parts of the country, at the first approach of cold weather, to serve the time-honored breakfast of sausages and buckwheat cakes and to continue serving them—with no variations—until the warm weather again makes its appearance. There are strong constitutions, used to hard work work and living much in the open, who thrive on such steady diet, but there are many others whose weak digestions and "stomach troubles" of later years could be traced to this cause. Hot sausages and steaming buckwheat cakes, with plenty of good maple syrup, are very appealing on a morning when the thermometer reaches the zero mark. They are appetizing, heat-producing and

satisfying, but even this delectable bill of fare should have its variations, if it would be not only beneficial, but thoroughly enjoyed.

A man who had never outgrown the tender recollections of his boyhood days on the farm, when morning after morning, the plate of hot cakes would steam on the table—cooked as only "mother" could cook them—reached middle age, still a bachelor. He published it broadcast that he would never marry until he found someone who could make buckwheat cakes like his mother's, and that he would have them for breakfast every morning during the winter.

At last he found what he was looking for. It was rumored that there was an ante-nuptial contract that the wife should serve him with buckwheat cakes every morning, but certain it was that she did serve them and that they were really equal to his mother's—even he had to acknowledge it.

For weeks and even months he reveled in his favorite dish, but, when the winter drew near its end and while there were still vistas of many more buckwheat cake breakfasts before him, his spirit revolted. He hated to "give in," but the breakfast rut at forty years appealed to him very differently than it had at fourteen. He cudgeled his brains for a way of escape. He could not bring himself to acknowledge that he was actually tired—heartily sick and tired—of the cakes, especially when they were so irreproachable in every way, but, morning after morning, the pile of crisp brown cakes disappeared more and more slowly.

At last a happy thought struck him.

"Julia," he said to his wife, "I have been thinking a lot lately and I've come to the conclusion that I've been awfully selfish about those buckwheat cakes. Here you have been stewing over the hot

stove every morning all winter to cook them for me. I shall not allow you to make such a slave of yourself any longer. After this I am going without the buckwheat cakes. Fix up something else for breakfast, but, no more buckwheat cakes for me!"

Of course, Julia opened her eyes, and of course, she demurred, but her husband was firm. From that day buckwheat cakes were banished from his house, and Julia—who is a simple soul—tells everyone of her husband's wonderful consideration for her and his un-

selfishness.

Even in the country to-day there is such a variety of food procurable, and there are so many good lists of menus printed in all the women's magazines which offer practical and valuable assistance to the woman whose originality fails her, that there is no excuse for any household to get into the breakfast rut. It is any easy thing to get into, but, it is also easy to get out of it, if the housewife will once apply herself and find out the benefit and enjoyment attendant upon a change of breakfast menus.

A Plea for the Hospital Dietitian

By Alice E. Urquhart

Former Instructor of Dietetics, The John Hopkins School for Nurses, Baltimore, Md.

A GREAT deal has been written concerning the teaching of domestic science in schools and colleges, but very little is said of the most important branch of the work, the teaching of dietetics in our hospitals, and the position which the dietitian holds in the domestic science world.

Having been an instructor in dietetics in two of our large hospitals, I have from my work there, and from observation in other hospitals, formed some decided opinions about dietitians and the relations they have to hospital work. Two important points come to my mind for discussion: first, the training of the dietitian and second, her position and work in the hospital.

There are perhaps no branches of hospital science which has gone through more changes in the last twenty years, or made more progress than the dietetic treatment of the sick. The medical pro-

fession realizes now, as never before, the great importance of diet in disease. It has been said that in some diseases the dietetic treatment is of more value than the nursing. How important it is, then, that the dietitian should have every possible advantage in preparing for her work. The nurse is most carefully trained for her work by three years of study in a hospital, but how inadequate is the training which is usually offered to the dietitian!

Let us consider the average instruction which the dietitian receives. At the present time I know of no school or course of study devoted especially to the training of dietitians. The would-be dietitian, as a rule, takes a two year course in domestic science in one of our technical schools, such as the Pratt Institute in Brooklyn, or the Drexel Institute in Philadelphia. This course is designed especially for teachers of domestic science. Here she

receives a teacher's training in the theory and practice of cookery, and the chemistry of food. Only a short part of the course is devoted to invalid cookery and the dietetic treatment of the sick. She graduates and, with absolutely no knowledge of hospitals or hospital life, seeks a position as dietitian. It is only when she begins to face some of the problems of hospital life that she begins to realize how incomplete has been the preparation for her work.

The duties of the dietitian are anything but constant. They vary greatly according to the hospital. Two duties she is sure to have, however: first, she will in some way supervise the preparation of the food for the patients, and she will instruct the nurses of the training school in dietetics. In a small hospital, the dietitian frequently does all the catering and buying, and often takes the place of a housekeeper for the institution. In the large hospital, where more than one dietitian is employed, she has nothing to do with the buying of the food, but orders what she wants from a purveyor, and superintends the preparation of the food in the diet kitchen. This kitchen supplies the food only to the private patients, the public wards being served from a main kitchen with which the dietitian, as a rule, has nothing to do. In most hospitals the nurses prepare all or part of the food in the diet kitchen, under the direction of the dietitian. In addition to this she gives a course of lectures to the nurses in dietetics and invalid cookery. She has the same hours of duty as the nurses; from seven in the morning until seven in the evening, with perhaps two hours off during that time, and she has to herself only one-half day a week. Sundays and holidays are not observed in hospital work.

Let me say a word here about hospital etiquette, in order to make clear some of the problems the dietitian has to face. The training school of a hospital may well be likened to an army. The superintendents and head nurses correspond

to the officers and the pupil nurses to the men. There is just as great a barrier between the superintendents and the pupil nurses as between officers and men in the army, and just as much precision in the execution of every order given. Class distinction between the nurses is most carefully observed. A pupil nurse would not think of speaking to a superintendent, while on duty, unless she were spoken to. She would not precede a head nurse through a doorway or sit down in her presence. These rules are necessary for the maintenance of good discipline and good order among the nurses, just as they are necessary to accomplish the best work in the army.

The dietitian ranks with the head nurses, and is one of the superintendent's staff, but she is "not a nurse," and in those three words, "not a nurse," we find the root of many of her troubles. She is apt to feel from the time she enters the hospital that she is an outsider. She cannot make friends among the pupil nurses, as this would be mixing "officers" and "men;" the head nurses, at whose table she sits in the dining room, are apt to think that, since she is not a nurse, she can have no interest in their special work, and the consequence is she is apt to be left out of their conversation to a great extent.

In many hospitals the probation nurses are sent to the diet kitchen as soon as they enter the training school, and it is there they begin their training under a dietitian who knows nothing of hospital methods herself. At the end of six or eight weeks the probationer goes from the diet kitchen to her work in the wards, and the superintendent cannot understand why she knows so little of the ways of the hospital, after nearly two months spent within its walls. How unreasonable it is to expect the dietitian, with no hospital training, to be able to train nurses according to hospital discipline!

Very few of our domestic science graduates become dietitians, although this branch of the work is much better

paid than teaching in the public schools. The salary of the dietitian ranges from \$600.00 to \$1200.00 a year, and in addition to this she receives her board and laundry in the hospital. The hours are long, and it means work every day in the week, but what she makes is clear.

In a class of thirty girls, graduating recently from a domestic science school, four entered hospitals as dietitians,—three of them gave up their positions before a year had passed. The general complaint is that the work is hard,—hard because they are not properly prepared for it. The dietitian lacks the hospital training which she should have, in order to carry on her work successfully. She must have the nurse's point of view or she will not succeed. Her work is hospital work, and she must, therefore, understand the hospital before she attempts to instruct the nurses in its training school.

Several plans present themselves as a possible solution of the problem. First, let the would-be dietitian take a course of one and one-half or two years in a domestic science school, and then spend three or four months in a hospital, working, at least half of that time, in the diet kitchen with the nurses. In this way she will get an insight into hospital life before she takes up her duties as dietitian. Surely this co-operation of work between the domestic science school and the hospital could be arranged with great advantage to both the dietitian and the hospital. Some of

the large hospitals are now taking what they call "pupil dietitians" for three or six months. These pupil dietitians are domestic science students who have entirely or partially completed their courses of study and who enter the hospital to work under the head dietitian for three or six months, as the case may be. This is surely a step in the right direction, but there is no co-operation between any particular hospital and a domestic science school. What is needed is a definite course of study in which a Hospital and a Domestic Science School shall unite, in order to establish a training for the dietitian that will make her equal to her task.

I will outline briefly another plan which might prove available. Each year many of the large hospitals send one or more of their graduate nurses to take the course in Hospital Economics at Teachers' College, Columbia University, and thus fit themselves for hospital superintendents. Why not send one of the graduate nurses to take a course in dietetics in the Domestic Science Department of the same College? The result would be a dietitian understanding thoroughly the needs of the hospital, and the needs of the nurses intrusted to her for instruction.

We can only hope that in the near future a course of study for dietitians may be established, which will include a training not only in Household Economics, but in Hospital Economics as well.

When Katherine Cooks

The blue of August's cloudless skies,
Scarce dimmed by earth, I clearly see,
Reflected in her limpid eyes,—
When Katherine smiles up at me.

Unnumbered streams in rhythm flow;
The sky-lark up to heaven's gate wings;
And fragrant blossoms nod and glow
Within my heart,—when Katherine sings.

But measureless and deep content,
Unheard in song, unwrit in books,
Enfolds my spirit, and, unspent
Brings joy serene,—when Katherine cooks.

H. L. M.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Dispensing Hospitality

SOME women preside at a dinner table, and even serve tea and muffins with such grace and charm of manner that one is led to believe that successful hostesses, like poets, are born and not made. Yet the art of entertaining may be cultivated, and as each of us, at one time or another, must act as hostess, it behooves us to see to it, that the dispensing of a gracious hospitality does not become a lost art.

The man whose wife is a "good entertainer," is the envied of all his men friends. He may act upon impulse and take an unexpected guest home to dinner, knowing that his wife will give him and his guest a cordial welcome and, after all, the welcome's the thing, for nobody minds "pot luck," when served with pleasantries and graciousness. Privately and under one's breath it may be said that this same husband, and every other in like circumstances, should send a telephone message to his wife, and if he is unusually thoughtful and considerate, he will carry a box of sweets or some dainty to help out the dessert. The man who does this will be told that he is "a dear," and that he may bring company whenever he likes.

Looked at from one point of view, women may generally be divided into two classes; those who know how to entertain and those who do not. All the graces are not given to one woman, but the one to whom they do not come naturally may attain a certain degree of

proficiency, if she will but take the trouble.

First of all she must remember that any guest in her house, bidden or otherwise, must be met with a welcome that will put him at his ease at once; self poise and cordiality of manner will do this. A guest who sees that he has "flustered" his hostess is most uncomfortable and feels that there is but one thing to do, and that is to eliminate himself as quickly as possible.

The hospitality of great functions is hardly hospitality at all; one salutes a friend, feeds him and says farewell, and both he and his hostess are glad when it is all over. The genuine and generous hospitality of the west is becoming effete and while, occasionally, it was too diffuse, it were better this than the other way, and one is led to regret its passing.

The self centered woman, who is thinking of nothing but herself and her affairs, is never a successful hostess. She will be stiff and formal in spite of herself and will never remember your name nor "how many lumps" you take in tea or coffee.

She is not the woman to whom, even in an unguarded moment, you would blurt out the truth about anything. The smallest coin current in society will do for her.

The woman who likes you and all her friends sincerely, and has sufficient curiosity about your affairs to be conversant with them,—remembers your fads and fancies and knows enough about them to converse intelligently with the assur-

ance of a certain amount of knowledge; the woman who forgets herself entirely and for the moment remembers only you, this is the woman who adds wonderfully to the gaiety of nations and makes life seem more worth the living for many a poor mortal. May her tribe increase.

L. E. D.

* * *

Nantucket Chowder

NANTUCKET chowder, like the old lady's mince pie, is "victuals and drink and a night's lodging." Fish, fowl or vegetable, the process is practically the same, and the results equally satisfactory on the different planes. This Nantucket chowder is not a milk-and-watery soup, with an evanescent suggestion of the shore at low tide, that is sometimes served as a course in houses where the chef draws salary enough to know better. Neither is it the heterogeneous mass, known in some parts of New England as chowder, but which is really a sort of stew, consisting of fish, corn, tomatoes, onions, potatoes, and crackers, hard and fast aground on the bottom of the tureen, and hardly moistened by a substance neither liquid nor solid, but both, like a quicksand.

There are many subjects besides that of "pound rounds" on which Nantucket can give points to the "Continent;" chowder, for instance. For its achievement these are the steps of approach.

Fish Chowder

For a moderate-sized codfish weighing five or six pounds, a half-pound of salt pork is sufficient. Scrape it, cut it into slices and then into small cubes and put it into a round-bottomed iron pot to fry. The pot should be big enough to hold four quarts of chowder. When the pork begins to sizzle, turn in four good-sized onions, peeled and cut fine. Stir frequently to prevent burning. Cook until the onions are golden brown and the pork scraps nearly cinnamon color, or at least dark tan. One old cook-book suggests using a bit of water with the

pork and onions to prevent burning, but a little care will give better results than water. If a modern flat-bottomed pot is to be used for the chowder, the pork and onions may, of course, be fried in a pan and then turned into the pot. The ideal, however, is a satin-smooth iron pot, round-bottomed and three-legged, set over a glowing coal fire; but moderns must do the best they can. While the pork and onions are frying, scrape the fish thoroughly, working from the tail towards the head. Cut in pieces four or five inches square and wash in cold water. If potatoes are used, they should be peeled and cut in rather thick slices. Put in cold water until needed. When the pork and onions are done, pour in boiling water to the quantity desired, from two to three quarts. When it boils again stir vigorously and put in the potatoes. Boil ten minutes and then add the pieces of fish, placing them flesh side down. Boil until the flesh easily leaves the bone,—about 20 minutes. Make a thickening of a cup of flour and a pint of milk, salt and pepper. Beat a little cold water into the flour first, then add the milk by degrees. Use a silver fork and beat until there are no lumps. Stir into the boiling chowder, taste and add more seasoning if required. Boil up once or twice and the chowder is ready. It should be of the consistency of a cream soup, but not thick enough to suggest a purée or thickened gravy.

Accompaniments

There is no modern substitute for the pilot-bread or ship-biscuit, sweet with the sweetness of the flour, big as dessert plates, and splitting easily into the two parts without crumbing, crispy and "chewy" and delicious,—gone, alas, forever, with the glory and the ships, leaving behind water crackers for the treatment of which 32 molars would not be too many, or crackers that dissolve like glue in the mouth and so require no teeth at all.

But the sweet-pickled lime is still with

us. It is the proper accompaniment for fish chowder and is still the favorite pickle for the delicious Nantucket cold meat suppers. We no longer spear them, in our own cellar, from the cask that came home in the ship from Cape Horn, together with cocoanuts and walnuts and Castile nuts from the same vague, but prolific source. The grocers, however, can supply them. Put the limes in cold water and let it come to a boil. Cook ten minutes and throw the water away. Repeat the process as long as patience or the kitchen fire holds out. The water should be changed four times at least. Skim them out and put them in a big bowl to cool. Make a thick syrup of sugar and water, using a half-cup of vinegar to a quart of water. Cook the syrup until it is as thick as molasses. Let it get cold. Prick each lime two or three times with a silver fork. When they and the syrup are cold, put them together and let them stand over night. The syrup will then be thinned by the juice of the limes. If it is too watery, boil it over again. Put the limes in jars and pour the cold syrup over them. They will keep indefinitely—if nobody knows they are in the store-closet.

Meat Sticks or Skewers

A meat-stick is an unobtrusive little article, but it is really a valuable instrument when its various uses are discovered. Besides it is the only perquisite one ever gets from the butcher, so it ought to be appreciated. Wash each one that comes and drop it in a convenient box or drawer.

Nothing better can be found for cleaning the corners of moldings and window-frames and the holes of sink strainers, or the handles of big baking-pans. For planting seeds in boxes or pots they are invaluable, and can be used afterwards to hold the labels.

One clever girl used them for mucilage brushes and they met with such instant approval that she makes dozens of them, bunching them and tying them with rib-

bon, six in a bunch, which she bestows on her friends. When several people are working together, making scrap-books or paper flowers, or something else that requires the constant use of a small brush, it is inconvenient not to have one for each person, but that is a rare luxury.

Two or three pots of paste, however, (or saucers, if the paste is home-made) and a bundle of meat-sticks will carry joy to the hearts of the workers, and the results of their toil will be surprisingly satisfactory.

To prepare the meat-stick, take a strip of white muslin about an inch wide, pull off the loose ravelings, and wind the strip of cloth firmly, two or three times around the large end of the meat-stick letting a quarter of an inch of the muslin extend beyond the wood. Then wind and tie firmly with coarse cotton or fine cord. That is all there is to the process of converting a meat-stick into a most usable brush.

A meat-stick is far better than a pen or pencil for marking boxes. Shoe-blackening is better than ink for the purpose.

M. S.

* * *

Three Substantial Courses for Ten Cents

IN these days of high prices we housekeepers are obliged to plan some, if not many, inexpensive meals.

One small economy which I have evolved is this: Some day, usually Saturday, when I have also a *large* order to give, I ask my market man to bring me ten cents' worth of small pieces of beef. This he understands to include also bits of either lamb, or fresh pork, if he happens to have them. He usually brings me about a pound of small pieces or trimmings of fairly clear meat.

I wash them carefully, and put them on to boil, adding salt, and a small onion, and let simmer until tender.

The next morning, take half the meat; carefully free it from bits of gristle and

fat; chop, moisten with tomato sauce, or any good gravy—tomato sauce is best—and put on nicely prepared toast for the main breakfast dish.

The next day, chop the remainder of the meat, and, with the addition of potato and seasoning, make a dish of hash, nicely browned in the spider.

The broth in which the meat was boiled, strain carefully, add enough water to make a quart or more after boiling away, and about a cup of fine-chopped vegetables—carrot, turnip, onion, potato, and a bit of celery if at hand. Stew about two hours until everything is perfectly tender. Season rather highly with salt and pepper, and chopped parsley, and the result is a perfectly delicious vegetable soup, substantial enough to offset a rather slender meat course at dinner or lunch.

I would add that, if I have no tomato sauce prepared, I open a can of tomato soup and use a small amount for moistening the chopped beef. I find this tomato soup invaluable for use in this way, as a sauce or flavoring as well as for a foundation for Mock Bisque, and always keep it on hand.

F. S.

* * *

The Newest Candies

PRETTY candy favors for the table, or for garnishing the top layer of large boxes of candy, consist of a pure white creamy fondant encased in frilled papers, and decorated with very small but very perfect sugar flowers, which are triumphs of the candy-chef's peculiar art and skill.

For instance, one holds on its surface a small pink rose with a green stem; another has a violet or two; a third is a dark red carnation, not as pretty as the others, but giving variety; while the very daintiest of all is a small lily of the valley leaf with a stalk of blossoms resting against it.

These may be seen at leading confectioners, and if one lives remote from large cities, such candies may be easily

packed for shipment to use as presents for holidays, the decoration of birthday cakes, etc.

Candy Grapes

We have long been familiar with the various pastes,—fig paste, orange paste, crème de menthe paste, etc.,—but a new way of arranging these conduces to pretty table arrangement, or forms a tempting little gift.

Pieces of the fig paste are cut about the size of grapes and neatly twisted in the best wax paper, then by the aid of narrowest ribbon of like color, or stem color, they are bunched in perfect imitation of grape clusters and attached to a section of grape stem about three inches long bearing a few leaves—artificial, of course. These may be arranged on lace doylies in any suitable dishes, or laid as favors by the plates.

For an invalid's room nothing could be more dainty, and well protected from heat and dust, since each piece is covered; so placed beside the bed, a bunch looks attractive and can be enjoyed, a piece at a time.

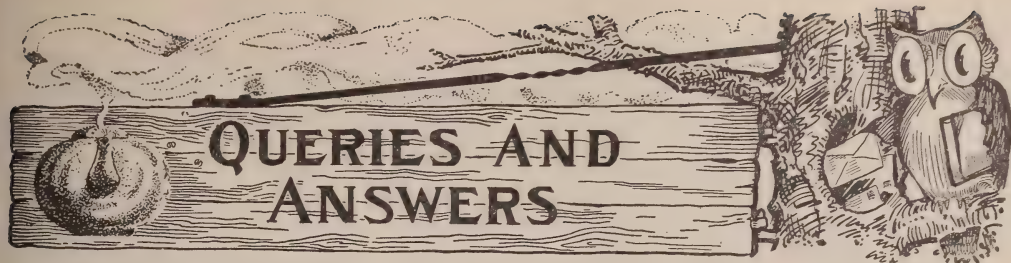
The colors are pale green, yellowish white, and reddish,—like Tokay grapes. These are the latest novelty. J. D. C.

* * *

Mother's Lemon Pie

Grated rind and juice of one lemon, one cup boiling water, one cup sugar, yolks of two eggs, butter the size of an egg, one slice of white bread, broken fine (about one cup). Beat the yolks of the eggs well and add to the sugar and butter. Pour the boiling water onto the bread and stir until well mixed, then add the sugar, eggs and butter. Bake in a deep plate, lined with pastry; when done, whip the whites of the eggs to a stiff froth, add one tablespoonful of sugar; pile this upon the top of the pie and return to the oven until it is a delicate brown. This is the nicest lemon pie I ever tasted.

C. H. B.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, editor, BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1771.—“Recipe for Vanilla Ice Cream made with Junket and ways of varying it to form fancy ‘Coupes.’”

Vanilla Ice Cream with Junket

Crush and dissolve a junket tablet in a tablespoonful of cold water. Heat a quart of milk, a cup of double cream, and a cup of sugar to about 90° F. Stir in one tablespoonful of vanilla extract and the dissolved tablet; let stand in a warm place until the mixture jellies, then let cool and freeze.

Pineapple Coupe

Put a tablespoonful of canned, grated or crushed pineapple in the bottom of a sherbet glass; above dispose a rounding tablespoonful of the ice cream, and finish with a tablespoonful of the pineapple above the cream. The canned pineapple is sweet enough for general use.

Caramel-Nut Cup

Put a tablespoonful of caramel syrup in a glass, put in a generous ball of vanilla ice cream, pour in a second tablespoonful of the syrup and sprinkle with chopped pecan nut meats. Maple syrup may replace the caramel syrup.

Coupe Bartholdi

Put a little vanilla ice cream in a glass cup; on this dispose two macaroons, broken in bits; on the macaroons set half a preserved or brandied peach and fill the space left by the peach stone with red bar-le-duc currants. Fill the

space between the peach and the sides of the cup with ice cream or whipped cream and serve.

Coupe Thais

Put a rounding spoonful of vanilla ice cream in a tall glass and on it dispose three or four slices of preserved peach, with some of the syrup; above this set a second tablespoonful of ice cream; sprinkle with a few pecan nut meats cut in lengthwise slices; above the nuts pipe a little “well” of whipped cream, and in this well dispose a teaspoonful of bar-le-duc currants. Serve at once.

Coupe Melba

Line a cup or long-stemmed glass with sliced peaches; fill the cup with vanilla ice cream and pour raspberry sauce over the whole.

Raspberry Sauce from Jam

Mix half a cup, each, of raspberry jam and boiling water; add two rounding tablespoonfuls of granulated sugar and let boil two or three minutes; strain, to remove the seeds and when cold add a teaspoonful of kirschwasser.

Cantaloupe Cup

With a silver spoon remove the pulp from chilled cantaloupes; with these oval pieces half-fill glass cups, sprinkle lightly with sugar and set a rounding tablespoonful of vanilla ice cream above the pulp in each cup.

Fig Cup

Cook pulled figs in boiling water until the skins are tender; add a little sugar, half a cup to a pound of figs and the juice of half a lemon. Let cool until the syrup thickens a little. When cold add two tablespoonfuls of sherry, if desired. Cut the figs in strips, put half a dozen strips of fig and a spoonful of syrup in each glass, and set a rounding tablespoonful of ice cream above. Above the ice cream pipe a star of whipped cream, decorate with slices of fig or pour syrup over the whole.

Apricot Cup

Use peeled apricots; fill the center of each half with orange or grapefruit marmalade, the peel in which has been cut fine. Set these above the ice cream in the cups.

QUERY 1772.—“Recipe for very rich Plum Pudding with directions how it may be kept for several months.

English Plum Pudding

(Used for 100 years)

1 lb. beef suet	1 grated nutmeg
1 lb. seeded raisins	1 tablespoonful mace
1 lb. currants	1 tablespoonful cinnamon
$\frac{1}{2}$ a lb. of citron	4 teaspoonfuls of cream
5 tablespoonfuls of brown sugar	6 eggs
3 cups of grated bread	1 cup of brandy or fruit juice
1 cup of flour	

Chop the suet fine, shave the citron, roll the fruit in the flour and spices, sifted together. Beat the yolks, add the cream and stir into them all the other ingredients; add the whites of the eggs, beaten dry, at the last. Cook six hours without allowing the kettle to stop boiling.—To replenish the water, boiling water must be at hand. Store as fruit cake. See answer to Query 177.

Frozen Brandy Sauce

Mix one pint of double cream, half a cup of sugar, one teaspoonful of vanilla, the juice of one lemon and one-third a cup of brandy and freeze as ice cream.

QUERY 1773.—“Recipe for a small Chocolate Layer Cake made with sour milk and soda and a white icing; recipe for Pie Crust made of butter, the proportions being for one crust of an open pie.”

Small Chocolate Layer Cake

$\frac{3}{4}$ a cup of butter	$1\frac{1}{4}$ cups of flour
$\frac{1}{2}$ a cup of sugar	1 teaspoonful of baking powder
$1\frac{1}{2}$ ounces of chocolate	$\frac{1}{4}$ a teaspoonful of cinnamon
1 egg, beaten light	
$\frac{1}{2}$ a cup of milk	

Cream the butter, beat in the sugar, the chocolate melted over hot water, egg, milk and flour, sifted with the baking powder and cinnamon. If thick sour milk is to be used, stir with half a cup of it one-fourth a teaspoonful of soda, and use instead of the sweet milk designated.

White Icing

Boil three-fourths a cup of sugar and one-third a cup of boiling water to 238° F., or until it spins a thread three inches in length. Pour in a fine stream upon the white of one egg, beaten dry, beating constantly meanwhile.

Pastry for One Open Pie

Sift together one cup of pastry flour and one-fourth a teaspoonful, each, of salt and baking powder. With a knife chop and work in one-fourth a cup of butter; then work to a paste with cold water, using just as little as possible. Turn upon a board dredged lightly with flour, pat and roll into a sheet to fit the pan.

Query 1774.—“Recipe for Eiscuit in which sour milk is used.”

Biscuit

2 cups of sifted flour	2 to 4 tablespoonfuls of shortening
2 level teaspoonfuls of baking powder	$\frac{3}{4}$ a cup of sour milk
$\frac{1}{2}$ a teaspoonful of salt	$\frac{1}{4}$ a teaspoonful, generous measure, of soda

Sift together the first three ingredients and work in the shortening. Stir the soda through the sour milk and use as much of this as is needed in mixing the dry ingredients to a dough. Turn on to a floured board, knead a little, pat with

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220 Bar St., Canton, Ohio.



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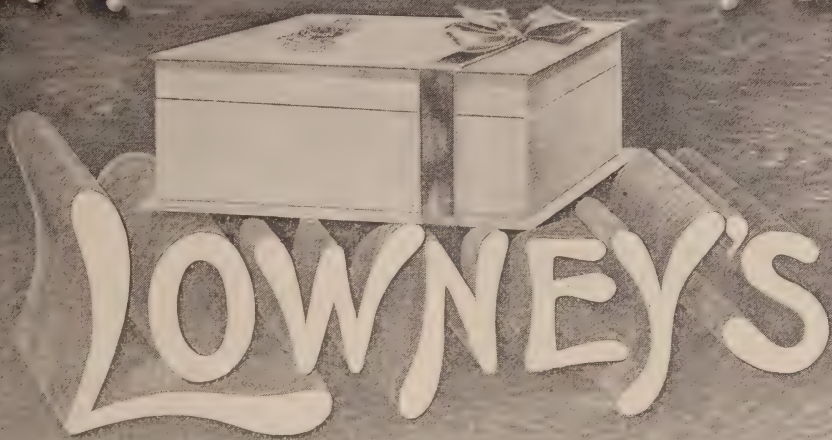
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QUERY 1754. — "Recipes for Sweet Cucumber Pickles, Mixed Mustard Pickles, and Dill Pickles."

Sweet Cucumber Pickles

1 quart of small cucumbers	Vinegar, scalding hot
$\frac{1}{4}$ a cup of table salt	$\frac{1}{4}$ a cup or more of sugar
Cold water	2 or 3 peppers
1 tablespoonful	of mixed spice

As soon as the cucumbers are picked, scrub them, without breaking the skin, and throw into cold water in which the salt has been dissolved. There should be enough water to cover the cucumbers. Let stand overnight; pour off the water, add fresh water and drain, then pack the cucumbers, peppers and spices in a quart fruit jar. Dissolve the sugar in the vinegar, and use to fill the jar to overflow; adjust the rubber and cover and fasten secure. After the jar is opened, if the vinegar scums over, pour off the vinegar and replace it with a second supply of vinegar and sugar, scalding hot. The pickles should then keep in good condition though opened daily.

Mixed Mustard Pickles

1 quart of button onions	$1\frac{1}{4}$ quarts of vinegar
1 quart of cauliflower flowerets	$\frac{1}{4}$ a pound of mustard seed
1 quart of cucumbers in thick slices	$\frac{1}{2}$ a pound of ground mustard
1 quart of green tomatoes in slices	1 cup of brown sugar
$\frac{1}{2}$ a cup of chili peppers	2 tablespoonfuls of tumeric
	2 tablespoonfuls of celery seed

Let the onions, cauliflower, cucumbers, tomatoes and peppers stand overnight in water to cover, in which a cup of salt has been stirred. Drain and rinse in cold water. Boil the vinegar, seeds and sugar five minutes; mix the tumeric acid and mustard to a smooth paste with a little of the hot vinegar, then stir into the rest of the vinegar and let cook until thick; add the vegetables and store in earthen or glass jars.

Dill Pickles

Prepare as Sweet Cucumber Pickles, leaving out the sugar if desired, but adding branches of dill to suit the taste.

Quite large cucumbers are often used for dill pickles.

QUERY. 1755. — "Recipe for Clam-and-Chicken Bouillon, with whipped cream."

Clam-and-Chicken Bouillon

Scrub and rinse five dozen clams; put in a saucepan, cover and let steam until the shells open. Strain the liquid, drained from the clams through a cheese cloth, and add an equal measure of chicken broth, freed from fat. Season with salt and pepper and pour into cups. Set a spoonful of whipped cream above the broth in each cup. If a less pronounced flavor of clams be desired, use more chicken broth.

QUERY 1756. — "Recipe for Deviled Crab Meat."

Deviled Crab Meat

1 cup of crab meat in flakes	$\frac{3}{4}$ a cup of white stock
$\frac{1}{4}$ a cup of fresh mushrooms, chopped fine	1 egg, beaten light
2 tablespoonfuls of butter	2 tablespoonfuls of sherry wine
2 tablespoonfuls of flour	$\frac{1}{2}$ a teaspoonful of paprika
	$\frac{1}{4}$ a teaspoonful of salt

Make a sauce of the butter, flour and stock; add the egg and stir until the sauce thickens; add the wine seasonings, mushrooms and crab meat. Mix thoroughly and dispose in buttered shells; cover with one cup of cracker crumbs, mixed with one-third a cup of melted butter, and set into a hot oven to brown the crumbs. The mushrooms and wine, one or both, may be omitted.

QUERY 1757. — "At what time are the place plates removed from the dining table?"

Time of Removing Place Plates

A place plate is used that at no time during the progress of a meal—up to the sweet course—shall a person sit at table without a plate before him. When the service is of such a character that the attendant is able to set down the prepared plate with one hand while the plate from which food has been eaten is lifted with the other hand, the place-

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plate may be removed with the soup plate. With less expert service the place plate remains before the guest until the removal of the last course before the sweets, when both plates are removed together.

QUERY 1758. — "Recipes for Grape Jelly and Pecan Macaroons."

Grape Jelly

Remove the grapes from the stems, put over a slow fire in an agate or white-lined saucepan, and let simmer very gently, until the fruit is softened throughout; then pour into a bag and drain off all juice possible. Take one cup of sugar for each cup of juice; heat the sugar, spread on shallow dishes, in the oven; meanwhile heat the juice to the boiling point and let boil rapidly about five minutes, skimming as needed; add the sugar and let boil until a little will jelly on a cold saucer. Have ready jelly glasses on a folded cloth and surrounded with water heated nearly to the boiling point. The glasses should also contain hot water. When the jelly is done, pour the water from the glasses, fill with jelly and remove from the pan of water. When cold cover with paper.

Pecan Macaroons

Beat the white of an egg dry; gradually beat in one-third a cup of granulated sugar, mixed with a level tablespoonful of flour, and fold in two-thirds a cup of pecan nut meats, chopped very fine. Drop by teaspoonfuls on a tin lined with a buttered paper making smooth rounds. Sift granulated sugar over the top and bake in a moderate oven.

QUERY 1759. — "Recipe for Potato Scones."

Potato Scones

2 cups of pastry flour	$\frac{3}{4}$ a cup of mashed
5 level teaspoonfuls of baking powder	potato
$\frac{3}{4}$ a teaspoonful of salt	4 tablespoonfuls of butter
	1 egg
	Milk as needed

Sift together the flour, salt and baking powder; add the potato and butter

and mix all together lightly. Beat the egg and add half a cup of milk and use to mix the dry ingredients to a dough, adding more milk if needed. Turn on to a board, dredged with flour and pat and roll into a sheet. Cut into rounds or some fancy shape. Set in a buttered pan, brush over with melted butter and dredge with sugar if desired. Bake about twenty minutes.

QUERY 1760. — "Recipe for a soft Corn Cake baked in a pie plate; there is a crust above and below and a soft moist center."

Spider Corn Cake

$\frac{3}{4}$ a cup of corn meal	1 egg
$\frac{1}{2}$ a cup of white flour	$\frac{1}{2}$ a cup of sweet milk
2 tablespoonfuls of sugar	$\frac{1}{2}$ a cup of thick sour milk
$\frac{1}{2}$ a teaspoonful of salt	2 tablespoonfuls of butter
$\frac{1}{2}$ a teaspoonful of soda	$\frac{1}{2}$ a cup of sweet milk

Sift together the dry ingredients. Beat the egg, add half a cup of sweet milk and the sour milk and stir into the dry ingredients. Melt the butter in a small frying pan or an agate pie plate, turn in the mixture, then pour over it the second half cup of sweet milk. *Do not stir in the milk.* Bake about twenty-five minutes. Cut in triangular-shaped pieces for serving.

QUERY 1761. — "Recipe for Corn Bread made with sour milk or sour cream, one-third corn meal and two-thirds white flour; a good plain Nut Cake in which both whites and yolks of eggs are used; also recipe for Mangoes or Green Peppers, stuffed."

Corn Bread with Sour Milk

1 cup of corn meal	1 teaspoonful of soda
$1\frac{1}{2}$ cups of white flour	1 egg
2 tablespoonfuls of sugar	2 tablespoonfuls of cream
$\frac{1}{2}$ a teaspoonful of salt	$1\frac{1}{2}$ cups of thick sour milk

Sift together the first five ingredients. Beat the egg, add the cream and sour milk and stir into the dry ingredients. Bake in a biscuit pan about twenty-five minutes.

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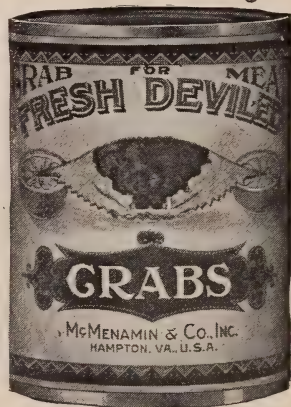
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Nut Cake with Whole Eggs

$\frac{1}{2}$ a cup of butter	4	teaspoonfuls of
1 cup of sugar		baking powder
3 eggs	$\frac{3}{4}$	a cup of nut meats
$\frac{1}{2}$ a cup of milk		broken in pieces
$1\frac{1}{2}$ cups of flour		

Cream the butter; gradually beat in the sugar; then add the eggs, unbeaten, one at a time, beating in each thoroughly before the next is added; add the flour with the baking powder alternately with the milk. Bake in a sheet about half an hour.

Green Pepper Mangoes

With a sharp knife score a circle in the top of the stem end of each pepper, about half an inch from the stem, cut deep enough to remove this piece with the stem and discard all seeds. With a threaded needle fasten each piece with stem to its appropriate pepper. Lay the peppers in a jar and pour over salted water (two teaspoonfuls of salt to a quart of water) to cover; set a weight above them to hold the peppers under the brine and let stand twenty-four hours. Chop a cabbage rather fine; onions, celery or green tomatoes, one or all, may be chopped with the cabbage. Season a quart of the chopped ingredients with one teaspoonful of salt, one teaspoonful of grated horse-radish, two teaspoonfuls of mustard seed, one teaspoonful of celery seed and one teaspoonful of ground mustard. Fill each pepper with the chopped mixture, sew the cover in place and pack in an earthen jar; sprinkle on one or two tablespoonfuls of mixed spices and pour on hot vinegar to cover completely.

QUERY 1762. — "Recipe for French Omelet, also for Hot Ham Sandwiches."

French Omelet

Use more yolks than whites of eggs, this will insure the proper tenderness in the finished dish. The pan should be small and thin, to secure a thick omelet and quick cooking. For a small omelet, take two whole eggs and the yolks of

two more; beat with a spoon until a full spoonful can be taken up, add three tablespoonfuls of water, one-fourth a teaspoonful of salt and a dash of pepper, and, when well mixed turn into a hot omelet pan in which a tablespoonful of butter has been melted. Move to a hot part of the range for a few seconds, then with a thin knife or spatula separate the cooked portion from the side of the frying pan, and shake the pan back and forth, in such a manner that the cooked portion may rumple on the pan and leave space for the uncooked egg to run down upon the hot surface of the pan. When cooked to a creamy consistency throughout, begin at the side of the pan next the handle and roll the omelet over and over and then upon a hot plate. Serve at once.

Hot Ham Sandwiches

Spread bread cut for sandwiches with butter and then with chopped ham. Press the slices together in the usual manner. Beat one egg, add half a cup of rich milk and in the mixture soak the sandwiches. Melt one of two tablespoonfuls of clarified butter in a frying pan (or blazer) put in the sandwiches, and let brown on one side, turn and brown on the other side, drain on soft paper and serve at once.



Ordinary dusting scatters but does not remove dust and germs. Use cheese-cloth dampened with tepid water to which a little **Platt's** Chlorides, the odorless disinfectant, has been added. Wring out till dry so that it will not streak the wood work, etc.

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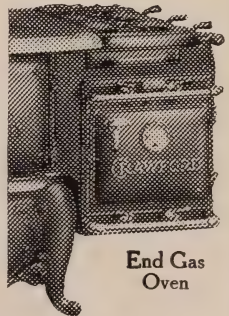
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An Ideal Kitchen

SINCE, in the average American home, the mistress does her own work, why is so little thought expended on the kitchen? The kitchens in most of our newest houses are mere closets of unspeakable ugliness. In many of them the sink is placed across the only available window in the room, and the horizontal window shoulder high, over sink or stationary tubs, seems a favorite means of lighting. Anything more dreary would be difficult to imagine.

It was, therefore, a relief to find one modern kitchen where one might wish to linger. And here the busy young housewife spends her morning hours in cheerfulness rather than with a feeling of imprisonment.

The room is added at the back of the main house and is almost twice as long as it is wide, the length extending across

the house. The east end is utilized as a breakfast room, which contains a plain table, a few chairs, three low windows, two east and one north exposure, and a comfortable rocking chair. The only partition consists of a small cupboard, built end to the wall and opening into both kitchen and breakfast room. When desired, a screen still further separates the two rooms.

Next to the dining-room door on the south side of the kitchen is the sink with a cupboard above, opening also into the dining-room. Beyond this are the stationary tubs. A large window occupies the center of the west end of the room, with a broad work table built in beneath it with drawers and bins below. At the left and right of the table are cupboards extending to the corners for holding cooking utensils and supplies. The north side is taken up with a door next to the cupboard, leading to the "cold room," then the range, the oil stove, the door leading to the back entry, and last the imaginary line separating the breakfast room.

The advantages in this arrangement are: The work-table, where all baking is done, has all supplies near, and is close to the cold room and the stoves. The sink is near the dining-room door, and half way between work-table, where baking dishes accumulate, and the breakfast room. Most of the dishes may be placed immediately in proper cupboards without taking more than three or four steps at the most. The stoves are conveniently placed and are not in direct line of vision from the dining-room.

Between the north window and the outside door is a stationary ironing board which closes in a cupboard when not in use. Windows and doors placed opposite procure extra coolness in warm weather.

In the breakfast room, which is really a delightful spot, the family meals are

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All parts are of select quality, accurately matched and fitted.

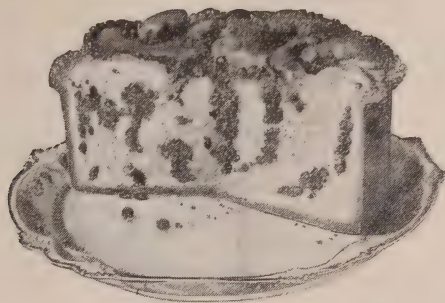
The clasp will not slip off, yet it may be attached or released, with perfect ease, even by children.

Look for the Moulded Rubber Button and "Velvet Grip" stamped on the loop.

Sold by Dealers Everywhere.

GEORGE FROST COMPANY, Boston, U.S.A.

Buy advertised goods—do not accept substitutes



The Cinnamon Bun

There is nothing more acceptable to the whole family, as a breakfast or tea roll, than the cinnamon bun, made after the following:

RECIPE

Put one-half cup Borden's Evaporated Milk and one and one-half cups water in a farina boiler, and when hot add two tablespoonfuls butter; let cool; then add three beaten eggs, one-half cup yeast, one teaspoonful salt, and stir in enough flour for a thin batter. Beat for five minutes, cover, and stand in a warm place until morning. Then add one cup flour, and when well beaten, stir in enough more flour to make a soft dough. Add the flour, a little at a time, and work it in with the hands. Knead quickly and lightly for ten minutes. Cover and stand till very light. Take out half the dough, roll it into a thin sheet, spread with butter, scatter thickly with sugar, then sprinkle with currants and cinnamon. Roll lightly in a long roll; cut into pieces about two inches long. Place the buns tightly together in a well-greased pan, the cut side up, and let rise. Bake in a moderate oven thirty minutes. Use the remaining part of the dough in the same manner.

Borden's Evaporated Milk

BORDEN'S CONDENSED MILK CO.

Established 1857

"Leaders of Quality"

New York

There are 5987 brands
of vanilla extracts manufactured
in the United States. Why risk
spoilng your dessert with 5986
of these when you know that

Burnett's Vanilla

With its purity, its richness and
delicious flavor will absolutely
satisfy you.

JOSEPH BURNETT CO.
Boston, Mass.

COOK WITHOUT FIRE



A servant that serves whether you are away
or at home—that's the **HYGIENIC FIRE-
LESS COOKER AND BAKER.**

When you go away in the morning, place
your dinner in the cooker—on your return you
will find the most savory meal cooked in the
most satisfactory manner.

Magic! Not a bit of it. Simply the appli-
cation of the principle of utilizing stored heat
energy. The **HYGIENIC** is built to retain the
heat placed in it, just as was the brick oven of
our grandmothers. You simply heat the plates
and place them in the cooker with the food—
then forget all about your cooking until meal
time. It does not scorch or burn.

Send the name of your Hardware Dealer and we will mail
you free a copy of our catalogue and "Fireless Cooking."
Write now.

Stevens Manufacturing Company
344 Franklin Building, Buffalo, N. Y.

served when the madam is doing the
work. This saves many steps.

The floor is hard maple, oiled. The
trim and built-in features are Georgia
pine, oiled and varnished. The walls are
painted a warm buff: The windows
have simple white curtains. The enamel
ware is all blue and white; the kitchen
crockery is brown and white. The
breakfast set is a simple blue and white
pattern, and blue bordered linen is used
on the table. There is plenty of sun-
shine without the direct noonday glare.
There is no suggestion of eating in the
kitchen about the charming little alcove,
and still the housewife saves much time
that she puts to much better purpose
than attempting to live in a style beyond
her strength and income.

Many hours of each day must neces-
sarily be spent in the kitchen. Why not
plan to have it cheery as well as con-
venient?

A. M. A.

Old Black Liz on Domestic Science

By Mrs. Helen D. Philips

Lord a mercy! how I'm pestered

Wid dis talk 'bout "de mestic science"—

An' de white folks always plannin'

Fer to git some new erpliance.

Dar ain't nothin' better

Dan he good ol' fashioned way.

'Course I lets de mistiss

Go er head an' hab her say.

But it makes me mad as thunder,

Sorter hurts my feelin's, too,

When she totes in un er dim cook books

Fer to show me how ter do.

I don't cook by res-ti-pe;

I's 'sperienced, dat I is,

An' when it comes ter sur'nouf cookin,—

Dar ain't none lak ol' black Liz.

But now dey wants things done up fancy,

"Pipe de taters round de roast,

Put de icin' on in flowers"—

Seems lak dat's what they wants most.

Gone's de ole black pot an' kettle,

In its place de cas-se-rolle;

What's dat ar, but a little silber

Kevering up de ol' brown bowl?

But it's stylish an' it's proper,

Lord sake, how dis nigger wish

Fer ter see de good ol' 'griddle

In de place ob de chasin' dish.

Coffee Pot
Style
No. 8293



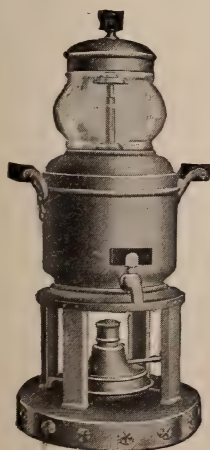
*Now
have good
coffee
always
with a*
**Manning-
Bowman
Percolator**

MANNING-BOWMAN Percolators insure uniformly good coffee, clear, rich, full-flavored, healthful. The liquid coffee never remains in contact with the grounds, never becomes rank or bitter, no matter how long it stands. They make coffee quickly, starting with cold water. They are simple and easy to clean—no valves, no clogging—handy as an ordinary pot.

Manning-Bowman products are made in a variety of styles and sizes, the popular mission designs and many other handsome patterns, in solid copper, nickel plate, silver plate and aluminum. Sold by leading dealers. Write for Free Recipe Book and Catalogue No. K-19

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cessories. The
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Coffee Pot
Style
No. 9093

"Transparent
view"

Buy advertised goods—do not accept substitutes



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ACID IN**

MRS. LINCOLN'S BAKING POWDER

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Mrs. Lincoln's Little Cook Book

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BAKING POWDER CO.**

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DRINK BANANA NUTRO IN PLACE OF COFFEE.

Made from Bananas for those who
will not, should not, cannot drink
Coffee.

Cheaper, healthier than coffee and
quickly make. Send 10¢ for liberal
sample.

WE MAKE

BANANA FLOUR

by a new dehydrated system that contains 83½ %
Carbohydrate element that produces energy.

PANAMA BANANA FOOD CO.

29 WEST STREET, - - - NEW YORK

Concerning Prejudice

There are three popular beliefs which
rise like mountain chains across the trail
of progress. The first and most rock-
ribbed is the belief that things are sacred
because they are old, or, conversely, that
things are dangerous because they are
new.

The second is the belief that the "sub-
merged tenth" wants to be submerged;
that it enjoys dark rooms and revels in
filthy alleys; that it gloats over insanitary
plumbing and thrives upon malnutrition.

The third, no less preposterous, is the
belief that the "submerged tenth" is sub-
merged because it is degenerate; that the
very fact of remaining submerged is
proof conclusive of innate incapacity for
improvement.

During every hour of the day society is
wasting a vast store of latent human
ability and power, and heedlessly creat-
ing untold misery and suffering. The
loss and the pain are both due to social
conditions which are remediable through
education and legislative action.

Could we succeed but a little in show-
ing that old things are often old only
because they are traditional, or, converse-
ly, that in the evolution of new things
lies social salvation; that the "submerged
tenth" is submerged because of ignorance
and low wages, and that the community
abounds in latent ability which awaits the
opportunity for development, we should
perform a service of untold social value
—turning men forever away from the
outgrown things of the past, and leading
them to a vision of social adjustment in
the future.—*Scott Nearing.*

A parson was loudly inveighing against
certain schools. He finished by declaring
that he was thankful he had never
"rubbed up against any one." "Do I
understand the brother to say that he
thanks God for his ignorance?" asked
the bishop. "Well, yes, if you want to
put it that way," he replied. "Then all
I have to add," said the bishop, un-
ctuously, "is that the brother has a great
deal to be thankful for."—*The Argo-
naut.*



It's Easy to Make Kornlet Soup

Open a can of Kornlet. Heat to boiling point one quart of rich milk, add the Kornlet, season with salt and pepper and a little butter, thicken with one tablespoonful cornstarch wet in a little cold milk, let it come to boil. Beat one egg light, and mix gradually with the soup. The whole family will like Kornlet Soup and pass their plates for more. This is only *one* of many delightful dishes you can make with Kornlet, the finest product of green corn on earth. Not like canned corn; not used like it. *Just the hearts of tender kernels of green corn*, fresh and sweet as when plucked in early morning. Kornlet is readily assimilated by folk who cannot digest canned corn. The outer covering or hull is removed by scientific machinery. Nourishing, satisfying, delicious—and every atom *first* quality.

Send us your grocer's name and we'll send you a booklet of prize Kornlet recipes by housewives.

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Kuyler's COCOA

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Purity Quality and Flavor Unequaled

Sold by Dealers Everywhere
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Send us your Grocer's name and address and your own with six cents and we will mail you a cake of

Elwako

sufficient for a family washing. Elwako is a scientific compound to be used with Laundry Soap. It contains no Lye or Acid. Makes Clothes Clean and Does away with the Washboard. Saves Time, Labor and wear of Clothing. Used by thousands of housekeepers.

ELWAKO MANUFACTURING CO.

1120 Prospect Ave. Cleveland, Ohio

Buckwheat Cakes

1 cake Fleischmann's Yeast	2 tablespoonfuls light brown sugar
4 cups lukewarm water	2 cups buckwheat flour
1 cup milk, scalded and cooled	1 cup sifted white flour
	1½ teaspoonfuls salt

Dissolve yeast and sugar in lukewarm liquid, add buckwheat and white flour gradually, and salt. Beat until smooth. Cover and set aside in warm place, free from draft, to rise—about one hour. When light, stir well and bake on hot griddle.

If wanted for over night, use one-fourth cake of yeast and an extra half teaspoonful of salt. Cover and keep in a cool place.

A lady instructed her little boy, invited out to lunch, that when he was asked to have a second helping of cake he should refuse. You must say, "No, I thank you, I've had enough," said she. "And don't you forget it." He didn't. When asked if he'd have some more cake, he said, "No, I thank you, I've had enough, and don't you forget it."

Mr. Robert W. Chambers has been telling about the poet who used to compose in bed at night. Nudging his wife he would say: "Maria, get up. I've thought of a good word." Then the wife would light a candle and write at her husband's dictation for five or ten minutes. Perhaps this performance might be repeated before morning. One night the wife put an end to dictation. Her husband, awaking her with the usual "Get up, I've thought of a good word," was startled to hear her reply: "Oh, get up yourself! I've thought of a bad word."—*St. Louis Globe-Democrat.*

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FLAVOR AND
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NOWHERE EXCELLED

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Keep the Cook Good-Natured with

THE Vac-Jac

Fireless Cooker



Operates on same principle as the Vacuum bottle, therefore retains heat longest, as heat cannot pass through a vacuum.

Affords the housewife more time for her children and her favorite pleasures.

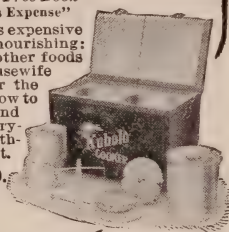
Keeps the kitchen cool; takes up little space; saves four-fifths of gas or fuel bills; makes foods more delicious than stove cooking ever can. Nothing to become wet, stained or sour; no danger from spontaneous combustion. All metal construction; solid aluminum utensils; radiators, lifters and racks, all complete for baking, roasting and boiling. Household sizes, 5 and 10 gals., for hotels, clubs, hospitals, etc.

In addition to the Vac-Jac, we make the "Kobold". Our price for this handsome cooker, with 2 wells, solid aluminum utensils, radiators, racks, etc., is the lowest at which a two compartment cooker, equipped for roasting and baking has ever been sold.

Write today for our new Free Book "How to Live Better at Less Expense"

It tells how to make less expensive meats most delicious and nourishing; how to cook cereals and other foods to perfection, how the housewife may have more time for the things she wishes to do; how to keep the maid contented and many facts valuable to everyone interested in best methods of home management.

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Where everything which is necessary to the culinary art must be of the latest improvement.

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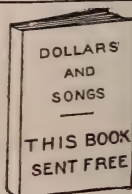
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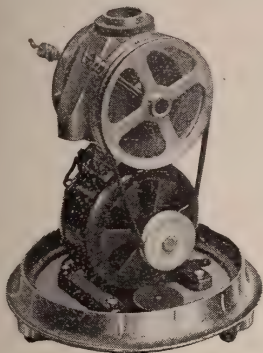


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USE SCULLIN'S FLAVORING EXTRACTS

10¢ AND 25¢

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Motor and Pump

EVERY intelligent housewife knows that vacuum suction is the only sanitary and thorough means of cleaning her house and keeping it clean. Her only question is: Which machine is the best. This depends very much upon the principle of suction employed, which any housewife can easily understand by reading the explanation which follows below. It is clear and as brief as possible—contains important information.

How the Federal Vacuum Cleaner Excels

Two Types of Suction Cleaners:

All suction cleaners can be reduced to two general types, based upon the principle of suction employed. They are either VACUUM PUMPS or they are FAN BLOWERS; that is, they either pump the air into a cylinder by vacuum suction; or they attract it by creating a draught.

Disadvantage of Fan Type:

The advantage of the VACUUM *pull* over the FAN *draught* is one of intense, concentrated suction. It gets all the dirt. The FAN does not produce a real vacuum. It merely paddles a volume of air through the intake by rotary motion. There is no compulsion about it.

Trouble with Vacuum Type:

But the VACUUM type of machine has *hitherto* been too complicated and too uneven in its suction. When a piston pump is employed to create a vacuum, the action is jerky; the air is sucked in spurts, and the cleaning is imperfect. There is also vibration and noise. The DIAPHRAM arrangement is not simple enough nor durable enough. The valves get loose. The Bellows wear out.

The Federal Rotary Pump:

The "FEDERAL" cleaner combines the advantages of both types, without any of their disadvantages. It is a VACUUM PUMP, but the pump is *rotary*. It revolves. The suction therefore is not only intense; it is also evenly sustained—strong enough to lift all the dirt out of the deepest and densest floor coverings, without injury to the fabric itself. The smooth, silent, operation of the "FEDERAL" and its compact, sturdy construction, give it long life. It will last many years. There is nothing to get out of order. All metal parts are aluminum, excepting the motor and a light steel jacket enclosing the machine. The jacket and fittings are handsomely finished. Full set of tools goes with the outfit.

Write for booklet giving full description of the cleaner, or, send for the machine itself and try it in your home for ten days. If it does not prove entirely satisfactory, return it at our expense. Your money will be promptly refunded. We guarantee the machine in every respect. The price is \$125, less 5% for cash within ten days after your receipt of the cleaner; or \$25 down, and the balance in ten monthly payments of \$10 each. Address

Vacuum Cleaner Department

The Federal Sign System (Electric)

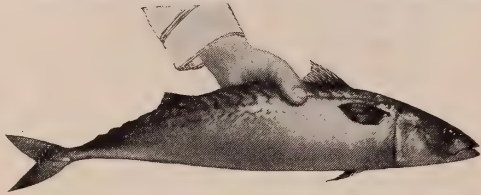
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Lexington, Louisville, New Orleans, Philadelphia Pittsburgh, St. Louis, Oklahoma City

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FOR YOUR OWN TABLE

FAMILIES who are fond of **OCEAN FISH** can be supplied **DIRECT** from **FRANK E. DAVIS FISH COMPANY, GLOUCESTER**, the great New England fish market, getting better and later caught fish than any inland dealer could possibly furnish.

We sell **ONLY** to the **CONSUMER DIRECT**, never through dealers. We have done a mail-order fish business since 1885, sending goods right to our customers' homes. We **PRE-PAY EXPRESS** east of Kansas, and always guarantee complete satisfaction or money refunded. We want to deal with **YOU** on the same terms, no matter how small your orders.

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*Let Gloucester be your Fish Market
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SEND THIS COUPON, and you can be enjoying these dishes on your table within a week.

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Please send me your latest **OCEAN FISH PRICE LIST**.

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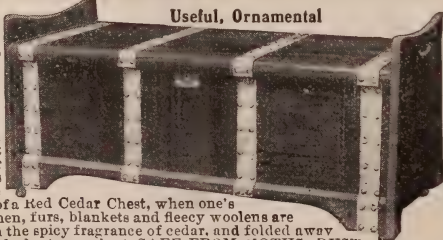
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Don't risk your handsome table when you can give it this sure protection for one-quarter the cost of refinishing and polishing it after it has become scarred and stained by hot dishes and spilled liquids. Ask your dealer to show you the Peerless Asbestos Table Mat—you can tell the genuine by this trade mark. If your dealer cannot supply you write to us for nearest dealer's address and our booklet "To the Woman Who Cares."

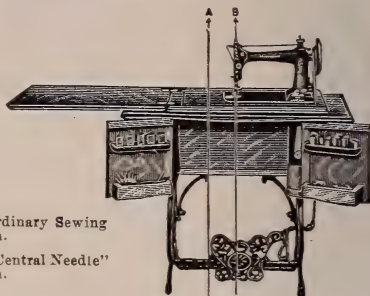


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Requires no Soaking.

Cooks quickly, always light and delicious. Keep a supply of Minute Tapioca and the Minute Gelatines (Plain and Flavored) on hand; they furnish endless variety of dessert and everybody likes them.

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Many women believe that the bust cannot be developed or brought back to its former vigorous condition. Thousands of women have vainly used massage, electricity, pump, instruments, ointments, general tonics, consti-

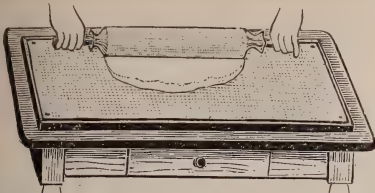
tutional treatments, exercises and other methods without results.

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I will explain to any woman the plain truth in regard to bust development, the reason for failure and the way to success. **The Mme. Du Barrie Positive French Method** is different from anything else ever brought before American women. By this method, any lady—young, middle aged or elderly—may develop her bust from **2 to 8 inches in 30 days**, and see definite results in 3 to 5 days, no matter what the cause of lack of development. It is based on scientific facts absolutely.

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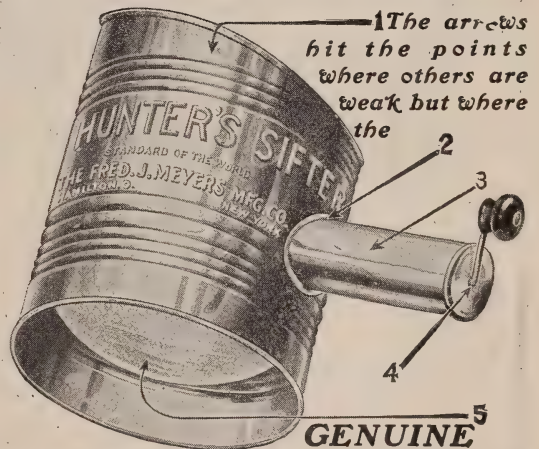
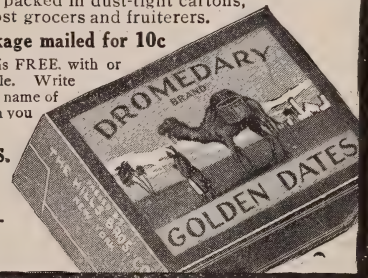
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It is applicable to the finest oriental rug and to the cheapest ingrain carpet.

Have ready:

A supply of Ivory Soap Paste, made by dissolving one large cake of Ivory Soap, shaved fine, in three quarts, or two small cakes in four quarts, of water, kept nearly, but not quite, at boiling point for 15 minutes. When cool, it will be like jelly. This is sufficient for a 9 x 12 rug.

A fairly stiff scrubbing brush (a rice fibre brush is excellent).

A piece of zinc, or heavy galvanized iron, 12 inches long and 4 inches wide, with smooth edges. The top should be turned over a little so that it can be held securely. Any tinner will make this for you for 10 or 15 cents and it will last for years.

Some soft clean cloths.

A pail of clean, lukewarm water, to be renewed as often as it becomes dirty.

A pan, or empty pail, to receive the used Ivory Soap Paste.

Proceed as follows:

First, sweep the rug. Begin work at the corner farthest from the door. With a spoon, or by hand, scatter Ivory Soap Paste over the surface of the rug, covering not more than a square yard at a time. Scrub vigorously. Scrape up the paste with the zinc. Wipe thoroughly with a cloth, wrung out of clean water. Work with, not against, the nap. Proceed in this way, section by section, until the entire rug has been cleaned. Have windows and doors wide open so that the rug may dry quickly. Do not replace furniture, or walk on it, until it is dry.

Follow these directions, and your rugs will be as clean and bright as when new. The colors will *not* suffer. The fabric will *not* be injured.

Ivory Soap 99⁴⁴/₁₀₀ Per Cent. Pure

Dishes for Afternoon Tea

Two Sunshine Flake or other small biscuit,

Cold Welsh Rabbit between Puff Paste

Fingers, Cold Welsh Rabbit between

Bread, Cold Hollandaise Sauce with dropped

olives, pickles and capers between

Bread-and-Filbert Butter Sandwiches

Coffee Tea

Bread with Neuchatel Cheese and Orange

Marmalade Filling

Bread with Neuchatel Cheese-and-Preserved

Ginger Filling

German Crisps

Almond Macaroons

Oatmeal Macaroons

Chocolate Brownies

Tiny Cream Cakes or Eclairs

Coffee Filling and Frosting

Custard Filling, Chocolate Frosting

Filling of Strawberry Preserves,

White Frosting

Filling of Apricot Marmalade,

Orange Frosting

Cocoa, Whipped Cream

Tea



SALT CODFISH DRYING ON THE FLAKES, GLOUCESTER, MASS.

The Boston Cooking-School Magazine

VOL XVI

JANUARY, 1912

No. 6



THE FAR-FAMED CODFISH

Catching and Curing the Codfish

By Albert Cook Church

THE fame of Gloucester and her fisheries is world-wide, although to many the various ways of catching and curing fish preparatory for market are entirely unfamiliar. To thoroughly explain the methods employed would require much more space than is available, and for this reason we shall consider only those of greatest importance, first touching briefly upon the manner in which the catch is secured.

For more than two hundred years the fisheries were conducted with the ordinary hook and line, with which we are all familiar, but at present the cod fishery, the most important branch of the industry, is carried on with hook and line, trawl, gill nets and jigs. By far the most codfishing is done by trawl,

which is the principal method used in catching ground fish, or fish that swim near the bottom of the ocean, such as cod, haddock, hake, halibut and cusk. The trawl consists of a long stout ground line, to which, at regular intervals, are attached a great many short lines, each supplied with a hook at its end. A small anchor is secured to each end for holding it in position near the bottom, also lines reaching to the surface of the water, to which are attached floating kegs having flags on them to designate its location. The trawls are baited and coiled into small tubs, after which they are set from dories, the men rowing or sailing before the wind and tossing the trawl overboard behind them. After leaving it on the bottom a few hours, it is hauled

in and recoiled, the fish being slatted off the hooks into the dory. Trawls vary in length, sizes of lines and hooks, but usually a large vessel fishing on the banks, carrying ten dories, has about six tubs to each dory, each containing six lines. Each line is about three hundred feet in length and has perhaps eighty-five hooks, thus an offshore vessel with trawls set covers over twenty miles of fishing ground, with thirty thousand baited hooks.

The old-fashioned hook and line still survives and is used more or less in some branches of the fishery. Sometimes the men stand at their allotted positions by the rail and fish directly from the vessel, but when dory handlining, as the name implies, they go singly in dories and fish away from the vessel. The lines used vary somewhat according to the branch of fishery and the locality where the fishing is done, but the regulation Georges handline is from one hundred

to one hundred and twenty-five fathoms in length, (seven hundred and fifty feet), and the sinkers weigh nine pounds, each line having two hooks.

After they are caught, the cod are transferred to the vessel, the men pitching them over the rail on deck, where they are dressed and rinsed clean, then packed in ice below, and when the vessel accumulates a catch of sufficient bulk for running to market, fishing is discontinued and all sail made, in order to reach port as quickly as possible. As a rule, vessels of the fresh fishing fleet run for the Boston market at T wharf, where the later caught and freshest fish are disposed of for higher prices than the majority of the catch brings. However, as at present we are considering the curing of the cod, let us go on with the vessel to Gloucester, where the splitters are eagerly awaiting our arrival.

From Boston word is sent that the vessel has cod or haddock, or mixed



TYPICAL WHARF-SCENE AT GLOUCESTER

fish, as the case may be, bound for the splitters, and by the time she reaches Gloucester the trip has likely been sold at market prices. Immediately upon arrival the vessel is docked at the wharf of the purchasing firm, and preparations for landing the fish are at once begun.

The fish are hoisted out in baskets, swung to the wharf, and overturned, where they are culled out according to length, and classified as large fish, if twenty-two inches or over, mediums between twenty-two and sixteen, all under that being designated as snappers. The culling is done by testing the length in a V shaped wooden trough, open at one end and having a thole pin or cross piece at the other. Each class has its own trough, made the exact length required, and if the fish's tail fails to reach the extreme end of the trough, when its head is against the cross piece, it is rejected and pitched into the heap of shorter ones, as each class is weighed separately and the price paid on a different basis. Each fish is not measured, however, as by experience the men become remarkably expert at culling and the eye is usually sufficiently accurate, the measurement being simply resorted to as a court of appeal to settle disputes that are constantly arising.



SPLITTING THE FISH

Meanwhile the splitters have made ready, and close by the weighing scales their benches and water butts are arranged. One gang of men pitch fish into the scales, usually weighing off six hundred pounds at a time, when they are pitched out again and taken by men who remove the heads and toss them on the splitters' benches. Holding the fish steady with one hand, the splitter runs the knife down the right side of the backbone, hacks the bone through midway its length with one swing, and cuts it clear from the left side, leaving the fish split clean, when they are shoved into a butt of salt water to rinse out the blood.

A good splitter can do about two hundred and fifty mediums per hour, and to one who has never seen the skillful manner in which tremendous quantities of fish are handled in Gloucester, it is a genuine revelation to see these experts perform. With almost incredible rapidity they split tons and tons of fish, and all day long they keep it up, pausing occasionally to sharpen their knives, till



LANDING A CATCH

before nightfall they are completely surrounded with heaps of backbones and heads of fish.

Unless too small, the codsheads are taken to other benches, where the tongues and cheeks are cut out to be salted, and the three-cornered strips of backbone, to which the sounds are attached, are saved and the sounds are stripped off. These, too, are salted, as cod tongues, cheeks and sounds are considered a great delicacy. The remaining refuse, consisting of heads and backbones, is thrown into large iron cans and removed later to the glue factories, where it is used in the manufacture of fish glue.

After rinsing until the blood drains out, the cod are forked into trucks and wheeled to the salt butts where they are pickled. The cleanly split fish are now pure white, the salt water having cleansed them to a remarkable degree, and they are carefully packed, flesh side up, a layer of pure sea salt sprinkled thickly upon each layer of fish. This is done, in order that the salt may take immediate effect and strike into them more quickly and evenly than it otherwise would do. When the butt is completely filled, the fish are piled a foot above the top, the upper ones laid, skin side up, and thickly heaped with salt to prevent dust or impurities from reaching

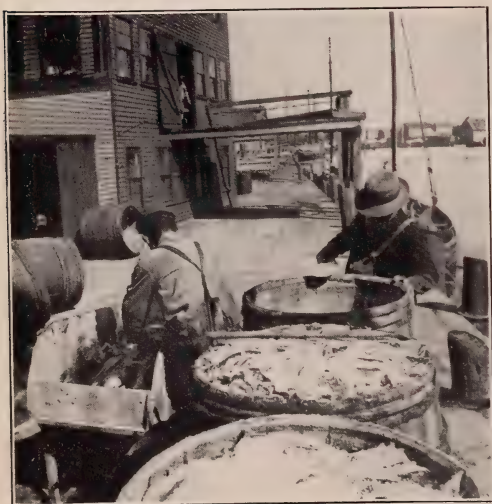


BUTTS FILLED WITH FISH

them. This is done, because the pickle begins to form after a few hours, and as the water oozing from the fish gradually dissolves the salt, they begin to settle, and after twenty-four hours they will scarcely reach the top.

To convey an adequate idea of the magnitude upon which the industry is conducted at Gloucester, it might be stated that one large warehouse, the one illustrated, has a capacity of nearly three thousand butts when filled, each containing twelve hundred pounds of cod, making a total of three and a half million pounds under one roof.

The fish are allowed to remain in the butts from one to two weeks, when they are taken out and stacked, or kenched, they call it, to press out the pickle. This process of removing the pickle is called water hawsing, and usually takes about twenty-four hours. They are next wheeled to the drying yards and spread on flakes, which are long tables built of narrow strips, upon which the fish are laid separately, flesh side up, where the wind and sun complete the drying. Often these flakes are built upon the roofs of the warehouses and packing sheds, where it is claimed the air is dryer and the fish cure to better advantage. A covering of thin cloth is sometimes spread over them, held up by a light framework, protecting them from dust



PACKING IN THE SALT BUTTS

or smoke as well as the burning heat from the sun. After flaking, which completes the curing process, they are wheeled into the dry fish house, where they are stored ready for skinning. This process is a most interesting one, requiring expert workmen, who cut off the side and back fins, rip off the skin and cut out the backbone, leaving only the small needle or rib bones to be removed. These are drawn out by hand, the work being done by young women, who use small pincers for the purpose. The fish is now absolutely boneless, every bone having been removed, and the remaining steps in the preparation for market depend upon the various ways in which it is to be put up.

In preparing small packages for the fine retail trade the boneless steaks of dried codfish are cut to length and put together under slight pressure, when they are tied with cotton twine to hold them in shape. These cakes usually weigh one pound each, but are sometimes of two- and three-pound sizes. They are now wrapped in waxed paper and labelled, being then ready for boxing and shipment.

In the manufacture of fibred or shredded codfish, the strips containing the bones cut off by the skimmers are run through a grinding machine, where the bits of cod are ground into small pieces,



WEIGHING A CATCH CURED AT SEA

the bones and other waste being separated and used in the manufacture of glue. After grinding, the bits of fish are pressed into small bales, to remove the moisture, and taken to another machine, where it is carefully fed through and reground, being then removed to the tables where it is packed by hand into small packages, ready for market. The second grinding leaves it much finer, and removes further waste used by the glue factories.

There are two qualities of fibred codfish manufactured; in the best grade only the finest Georges cod is used, and every bone is removed by hand before grinding. It is remarkable to note the difference between them, the best grade being snowy white and fluffy as can be imagined, besides possessing a much better flavor.

The keen competition and demand for lower prices existing today has developed a demand for cheaper goods in the fish trade as in other branches, and this business must be catered to. This naturally leads to substitution, and many dealers are forced to carry an inferior line, because their customers call for something lower in price, not realizing that they cannot thus get the genuine. For this reason there are many who have become dissatisfied and who firmly believe they



"KENCHED" TO PRESS OUT THE PICKLE

can no longer obtain the codfish of old, such as our forefathers used to cure and nail up in the woodshed, for use during the long winter months. The general belief that real old-fashioned codfish cannot be obtained is entirely erroneous,

however, for there is plenty of it to be had, as fine as ever it was in days gone by. The difference in cost is very little, and the careful housewife should be sure to purchase only the finest quality of genuine Georges cod.

By the Winter Fire

(Husband to Wife)

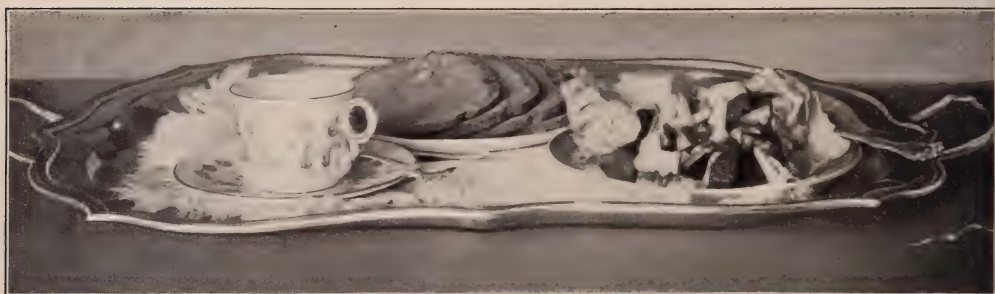
By Stokely S. Fisher

With you shut in, the world shut out,
Oh happy hours of the heart's desire!
When Winter leads his lyric rout,
The dooryard tree his silver lyre,

And his mantle of snow blows dark about
The window,—then brightens our social
fire!
With you shut in, the world shut out,
Oh happy hours of the heart's desire!

If the storm be wrathful, our doors are
stout,—
The colder it blows, hearts nestle nigher;
However the blustering, bleak North shout,
Warm comfort is here, and peace entire;—
With you shut in, the world shut out,
Oh happy hours of the heart's desire!

Simple but Satisfactory Luncheons



DATE AND APPLE SALAD (FRENCH DRESSING) NOISSETTE BREAD, BUTTER, CUP OF CHOCOLATE



CREAMED FISH AU GRATIN, LETTUCE SALAD, YEAST ROLLS, COFFEE

A Kitchen Drama

By Katharine Keife

O CUPID, pretty Cupid! Adorable little rascal that you are! Is it not enough that you make mischief in the parlor? Must you invade the kitchen, also, with your bewildering spells? You must. Then please accept my blessing, as you go, for I would not have it otherwise!

The stage of action is a kitchen in a modern, up-to-date house, in a small city. Before six o'clock in the morning—a lovely morning in late spring—comes Juliet, the cook, erect and comely, her black face shining less from inward grace than from the effect of water and brown soap, laid on with lavish and vigorous hand.

The fashionable world lies bound by the chains of slumber, but Juliet has the lithe carriage, the spirited action, of one who knows not fatigue. Applying her latch-key, she swings the back door wide upon its hinges, and enters, all unknowing, upon the scene of this day's drama.

With rattle and clang, the milkman drives up to the area gate.

"Well, Juliet! How does this day suit you? Feeling pretty bright, today? Didn't I see you and Joe at the Park, last night?"

"You don't see me with Joe no more"—with a toss of the dusky head. "I haven't seen him for two weeks. It don't hurt me any. I've done lost my taste for that man! He ain't no husband of mine, no more!"

"Sho! Going to get a divorce, Juliet?" "I surely shall have to wait six months first, if I aim to get one for desertion. Is it six months, or is it a year?"

"I don't know, Juliet. I never have had many divorces on my own account. Me and my wife have got along pretty well, so far. And as I ain't no lawyer, I ain't got no call to meddle with other folks' divorces; so I can't tell you how

long you'll have to wait."

The deserted Juliet makes vigorous onslaught upon a dish of eggs. An omelet is evidently in process of preparation. As she vigorously plies the egg-beater, she sings, in a loud voice that is high-pitched without being in the least shrill:

"Nobody knows the trouble I see,
Nobody knows the trouble I see,
Nobody knows the trouble I see, Laws,
Nobody——"

With a rattle and a bang, the iceman's tongs clatter against the side of the refrigerator.

"In the name of Hivin!" comes his pious ejaculation, "Will ye clare the things out o' the top o' this ice box, ye black besom! How many times do I have to be tellin' ye that no man can fill ice into a chist that's full a'ready, an' runnin' all over the place? Here's jars of crame, that do be datin' back to the time o' the Irish kings and Dermot Mac-Murrough!"

"Aw! Quit your jawing. How'd I know that you'd be here so early this morning, when you're generally as late as ten o'clock? I'll have all those things out in half a minute. I thought I had plenty of time, or they'd have been out before."

"Well, somebody has to be first on the route!" says the placated iceman, good-naturedly. "Ginerally I begin over on Park Street, which makes me late here. Folks over there kicked on me com' so airy. There ain't no suitin' everybody!"—very cynically.

"I guess that's right!" agrees Juliet, from the depths of the icebox, as she nimbly extracts two heads of lettuce, a bunch of celery, and the baby's milk. Some slight bitterness of tone catches the quick ear of the brawny toiler by her side, and he steals a swift glance at her half-averted face, as he says with un-

usual hesitation,

"You're not after hearing word from that husband of yours, Juliet?"

"Not he!"—bitterly. "But I don't care! He can go, and he can stay; for all me! I've done lost my taste for that man."

The ice box being packed to repletion, the sturdy wielder of the tongs sinks out of sight, and breakfast looms large upon the horizon. Members of the family invade the precincts of Juliet's little domain; and that queen of the kitchen suffers encroachments upon her kingdom with a suave urbanity which reflects infinite credit upon her native politeness.

Breakfast being concluded, the dishes are gathered into the kitchen sink, and consigned to soapy oblivion in the dishpan. Here all are equal in the eyes of Juliet, the large, the small, the coarse, the delicate, the glass, the silver, the hand-painted china, the bean pot, and the frying pan. She accepts them all, and consigns them to one common receptacle, upon the terms of the Fifteenth Amendment,—“without regard to race, color or previous condition of servitude;” also without regard to present texture and future nicks! Once more, the dusky sovereign is moved to lift her tuneful voice in a series of trills and quavers which have not reached verbal expression, when the grocer's grinning face appears at the back door.

"Say, Juliet! You're doing fine. Why don't you appear on the vaudeville stage? There's a girl down at the 'Variety' now that can't touch them high notes of yours. You've got her beaten to a finish! Anything in my line, today? Apples, apricots, almonds, ashes of roses, baking-powder, banjo-strings, butter, caraway, cassia, cream-of-tartar, custard-cups, dill, dustpans, derringers,—say! Was Joe in that fight last night? Some colored boy got cut up pretty bad."

"Joe? I don't know nothing about no Joe! Ain't seen him for two weeks, and don't never want to see him! I done lost my taste for that man! You just bring

me sugar and gelatine, today. Oh! and raisins. You got them seedless raisins, like you brought last time? All right! Bring them, and some nice currants. Look out they don't have no worms in them! Where was that fight you talked about?"

"Down on Bridge Street, somewhere. I don't know a thing about it, Juliet, only they said some fellow got cut. Don't think of anything else today? Well, I'll be around with these before dinner."

Juliet returns to the half-completed dish-washing. The water is cold. Queen Juliet remedies this by a sudden infusion of some that is boiling hot. Loud cracks of protest are heard from the glassware which resents such treatment; but Juliet placidly washes on and on.

"What kind of fish, today, Juliet?" Sings out a voice at the door. Haddock, halibut, mackerel, bluefish, swordfish, but no shell fish. Anything you want?"

"Yes; you can send me up about four pounds of halibut to boil. You see to it that it isn't too fat, now! Can't anybody eat all that fat!—without I give it to the neighbors' cats, for we don't keep none!"

"All right! I'll make it good. How's Joe?"

"Joe? I ain't seen no Joe for two weeks! He better not come near me, now! I done lost my taste for that man! He can stay where he's been for two weeks!"

Dishes done, Juliet speeds blithely to the ash-barrel, and conceals therein the fragments of those reduced to their lowest terms! Would that all artisans could have a timely ash-barrel, in which failures could be hidden! The doctor could fill it with his doubtful experiments, the lawyer with his lost cases; as for the rest of us,—but the thought presents baffling features; for even were the whole world transmuted into one universal ash-barrel, how could it contain all the failures that some of us make?

Returning from the ash-barrel, her face expressing all the radiant and self-complacent satisfaction which is some-

times observed in the countenance of a plump black kitten when it has been stealing cream, Juliet encounters the baker, upon the back porch.

"Any rolls, today, Juliet? Pies, cakes, or crackers? We have a new kind of cracker that we're selling very reasonable, sending out these samples. Nothing today? Well, I'll be along again tomorrow. By the way, your husband wasn't in that Bridge Street scrap last night, was he, Juliet? Some fellow must have been cut up pretty bad. Well, I'm glad it wasn't Joe. So long!"

"Now, what do you suppose!" says Juliet to herself, as she tries the heat of the oven, preparatory to making angel cake. "Has that no-account nigger, that Joe, gone and got hisself cut up just as soon as he's out of my sight! I shan't know one minute's peace until I find out, and how to do it, I don't know. Oh, Lawd! I expect I shan't have enough eggs for my cake, after making that omelet. Better go count. Three, six, nine, twelve, fifteen, yes; that will more than do, for a dozen is all that I want. Now if—good Lawd!"

Poor Juliet stands transfixed in the middle of the kitchen, gazing at the unwelcome apparition of a blue-coated, brass-buttoned policeman, conversing amiably with the girl next door. Well does she know his blonde and Teutonic manly beauty, his sage, if somewhat dense advice; for he is the policeman whose beat includes the street where she and Joe have passed their brief and stormy wedded life, and he has even taken it upon himself to reprove her for her violent gusts of temper, and has told Joe—her Joe!—that he "dit pretty vell to keep his hants off a vooman vat ain't got no more sense than to talk to a man like she does!"

"Oh, Mr. Klein! Is anything the matter?" cries Queen Juliet, before he fairly reaches the screen door of her own domain.

Policeman Klein removes the pipe from his mouth, and gently taps it

against the step, to remove its contents. The fact that he is smoking proves that he is not on duty. Cautiously, he pockets his fragrant treasure, before he remarks, as he enters,

"Vell, I hat a little time; so I thought I come rount, yust to see if you know where Yoe is."

"No, no, Mr. Klein! I don't know at all where he is. Do you know?"

Where are Juliet's protestations of carelessness? There are tears in her eyes. Her dark hands are twisting themselves in her apron; her face is gray with apprehension.

"Vell, I don't know, Yuliet! I yust thought it might be Yoe got cut so bad last night. They set his name vas Yackson, and he was about right size. His face vas cut so bat I couldn't tell. He's at the hospital, but they don't let nobody see him yet, already! You coult perhaps to go tomorrow," and his bland smile disappears from the door.

Juliet sinks into a chair and howls. In the language of Virgil, she weeps copious, gushing tears. She also laments openly in language like this.

"Oh Lawd! Oh Lawd! If this ain't awful! My Joe to get all cut to pieces on his blessed face, just as soon as I wa'n't by to see to him! And me to send him off mad, and let on like I never want to see him again! Me to 'cuse him of makin' eyes at that yaller-faced Simpkins gal, when he never did no sech thing, and I was just mad cause he hadn't come to walk home with me like he used to! Oh Lawd! Like as not he'll die!"

"What's the matter, Juliet? You'll have to brace up and dry your eyes to read this letter from your man!" and the postman at the open door, tosses into her lap, ere he runs across to the next door, a missive that needed no further explanation, for the familiar handwriting recalls the fervid love-letters of Joe's courtship.

If ever human countenance changed from the depths of woe to the mountain-

crests of joy, in the briefest fraction of a second, that face is Juliet's! Before the postman's back is turned, she has snatched the letter open, and reads something like this:

"My little honey girl, don't you fret. I just been trying a new job here at Scranton—a waiter's job. I get good pay, fifteen dollars a week, and that will keep us well, if you will come here and live with me away from your old cat of an aunt that always sets you against me. I didn't get to come for you that last night, because I was talking to Dave Johnson about this job. I hope you feel like coming here with me, my dear wife. I've got my eye on a nice little home where we can be so happy, if you will just trust your loving Joe."

"P. S. I'll come see you soon as the boss will give me day off. Joe."

Juliet sits and laughs, with the tears streaming down her face, and just then she hears at the door a step that sends her heart right up into her throat; as Joe himself, radiant, irresponsible, but wholly loveable to the partner of his joys, appears upon the threshold. There is a wild and inarticulate cry, as the kitchen queen flies into the arms of her prince-consort, and sobs out all her contrition in his ample embrace, with hugs

and kisses, caresses and endearments, that seem to prove that Juliet's lost taste for that man has been restored to her by virtue of his manly presence. What she has mistaken for coldness has been but the numb and cruel pain caused by unexplained absence of the beloved object. Do not hearts beat pretty much alike, whatever the color of the skin?

So the love-feast goes on, just as you and I—O, discerning reader!—have known such moments to go on in our own experience; the good old way over which the feet of the little winged god have danced since the days of Eden; the dear and blessed way that men and women of every color and condition will tread while Time shall last! And God be praised that it is so!

It seems but a minute to Joe and Juliet. It is really many minutes, glorious and golden-freighted, before there appears a conjunction of the planets, in the shape of the grocer's boy, with seedless raisins, and the disciple of Neptune, bearing four pounds of fatless halibut. To this group of four appears the mistress of the house, only to receive, with inward consternation and outward composure, the abdication of her kitchen queen.

My New Year Wish

By Lalia Mitchell

I fain would breathe a wish for you,
At time of New Year wishes.
Oh, Queen of Home, content and true
And Princess of good dishes.
You rule your kingdom and your sway
None questions who has known you.
But what of word I'd breathe today
Can higher hope to throne you?

I fain would breathe a wish for you,
At time of New Year wishes.
Oh, Empress of the roast and stew
And Lady of fried fishes.
You hold your scepter and I know
None e'er would dare dispute you,
But what of praise can I bestow
That will exactly suit you?

I fain would breathe a wish for you,
At time of New Year Wishes,
Czarina of each broth and brew
And sundry salad dishes.
But, nay, for all the world I'll write
And let my lauding strike you;
"May earth's best blessing be tonight
A million women like you."

The Bad Citizenship of Good Women

Paper Given at State Federation of Women's Clubs, Logan, Utah

By Mrs. E. D. Ball

THE bad citizenship of good women consists largely of sins of omission. It is not what they do but what they leave undone, which causes the charge of bad citizenship to be brought against them.

James Bryce says the three chief causes of a defective discharge of civic duty are indolence, personal self-interest and party spirit. It is generally conceded that women are affected in only a small degree by party spirit or self-interest in political affairs. So by a process of elimination we find that her deficiencies in citizenship must be laid to the door of indolence.

This indolence, indifference, apathy—call it what you may—toward public affairs is a sin which easily besets us all. A duty shared with many other people seems less a personal duty, and when one sees that duty being neglected by others, the obligation becomes still weaker. The need of action is then the greater, but it is only the very best sort of citizens who feel it so.

In a woman's life there are so many other interests and duties competing with public affairs that she finds it easy to leave these for her neighbor to look after. Women as a class, however, are more aroused on questions of political privilege, today, than ever before in the world's history, and they are waging a strong fight for the ballot. (The women of Utah have not this battle to fight. We possess what women elsewhere are struggling for. Do we appreciate it? Are we making the best use of it? Or is this one of the places where indolence interferes with civic duty?)

It is a known fact that bad women vote, that their votes can be and are controlled by corrupt politicians, thus form-

ing a menace to Woman's Suffrage as well as to the community. But there are so many more good women than bad that this evil influence would be easily offset, if the good and intelligent class would do its duty and appear at the polls to cast its vote for the right. But, unfortunately, it is the refined, intelligent, educated woman, whose influence is so much needed, who is most indolent in regard to political affairs.

Nor is this evident duty well done, if the vote be cast in a careless, thoughtless manner. Too many women do not think for themselves, in this matter, but weakly follow where the man of the family leads. It is not unusual for a woman, a day or two before election, to say to her husband, father or brother—"What is all this contention about? Who are you going to vote for?" Or—"What is this amendment the papers speak of? Should I vote for it? Are you going to vote for it?" And a brief statement of what he is going to do settles the matter for her, she casts her vote without further thought or interest.

There are other misuses of the ballot of which a good woman is often guilty. She votes for a personal friend, regardless of his qualifications for office, and what is still more deplorable, she does not vote for the great moral reforms, which are supposed to be dear to the hearts of all good women.

Too many women are not sufficiently interested to know or care whether their city government is well or poorly administered, whether graft and corruption are diverting the money, which should be spent in public improvements, or not.

These same charges can, with equal truth, be laid at the door of many good men, and thus are no argument against

Woman's Suffrage. But our question today is, where is the good woman failing in citizenship? And in regard to her ballot we answer woman's conscience needs arousing.

But the casting of a vote is only a small part of citizenship. Citizenship in its broader sense is an intelligent and active interest in all affairs of the City, State and Nation. And if one is possessed of this intelligent, active interest, her vote will need no looking after.

Women are too often urged to vote, as if that were the whole of their duty. Rather should they be advised to study social and political questions, to become interested in the welfare of the community politically, morally and physically, and the vote will follow as a matter of course.

When we look at this side of woman's citizenship, it seems illimitable. Where do her duties begin and where do they end?

The beginning is unquestionably in the home. The end is as far as her time, strength and intelligence will carry her, in helping the community to realize the ideals that make for the higher and nobler things of life.

The betterment of the Nation through the betterment of the home, paradoxical though it may sound, is the first civic duty of every good woman. The home, in which system, simplicity and culture reign and in which there is perfect companionship among all its members, is the very basic rock of good citizenship. A woman's first duty, as well as her highest happiness, lies in making such a home. From this ideal home go forth individuals, made strong and sweet for life's duties, and besides this there radiates from it an influence that affects the whole community. The home of perfect sanitation and ideal beauty is an inspiration stronger than words to other homemakers. The home that breathes a spirit of love and peace is the real foundation of universal peace. Without peaceful homes we will never have a peaceful

world. Home peace must precede international peace.

But, as a citizen, a woman's work is not complete, when she has made this one perfect home. Indeed, it cannot be made alone. Sanitary conditions, water and food supplies and other problems within the home itself are of necessity related to and dependent on the conditions of the whole city. And no home can be perfect until the environmental conditions, physical, moral and spiritual that surround it are perfected.

So, while woman's task is home-making, it is home-making in its widest sense. Rheta Childe Dorr, in her interesting discussion of women's wants, says—"Home is not contained within the walls of an individual home. Home is the community. The city full of people is the family. The public school is the real nursery."

If every individual home were perfect, there would be small need for great reform movements. But till that ideal is reached, there is great call for woman's labor. Some have responded, but there are many others yet to be aroused.

When the good woman, who has been regarding her citizenship indolently, is roused to some sense of her duty, she is apt to be attracted by some of the great National movements in which women are interested, working and accomplishing notable results. That is good, for the problems of the sweat shop and child labor, the fight for the control of tuberculosis, the international peace movement and other great questions of the age cannot be given too much aid. They are deserving of the help of all citizens. But let our good woman not become so absorbed in these problems that she overlooks the crying needs at her own door.

What is there in your own town, your own street, perhaps your own block, which needs correcting, improving or reforming? Whatever that need is, be sure it needs your personal interest and influence to bring it about.

Has your city the best possible water supply? Perhaps on no other one condition does the health of your family and your community so much depend. If you have not good water, what can be done about it? Do not merely think of it, but talk about it and do something.

Has your city a perfectly conducted sewer system? Is all garbage properly disposed of? Are all possible means being taken to prevent the breeding of the house fly? These and other questions are of prime importance. If these things are not being looked after, whose fault is it? Yours, if you are indolently leaving it for others to do. Do not complain because the city officials are not attending to these matters. They will do so, if the citizens really demand it of them.

Are your schools all they might be, if you and other good women of the city were interested in them and working to improve them? Are they training your boys and girls to meet the conditions of life? Is the daughter learning the principles of home-making and home-furnishing along with other subjects in the curriculum?

Is your son being trained in the fundamental principles of the industries of his community? Is he learning to appreciate the dignity of labor? Is he learning to create with his own individual efforts and to take pride in this creation? If not, what can you do about it?

Have you libraries and reading rooms for the young people and playgrounds for the children? Are your juvenile courts receiving all the help and encouragement you can give them? Are the streets of your city clean and well kept? Are they as beautiful as the community can afford to make them? Does not woman's duty as housekeeper for her city demand that she look after all these matters?

These are only a few of the important problems which are staring every good and thoughtful citizen in the face. And when the good woman begins to see the

fullness of the responsibilities that are resting on her as a citizen, she will look about to see how she may most effectively go to work to help to do her share. Then comes the great question of how?

Of course she can influence those in her immediate circle by talking and stirring up interest in these problems. She can attend the caucuses and primaries as well as conscientiously cast her vote for good laws and good officials, who are interested and who will do their best to carry out these reforms, but how little can one woman alone do. It is in answer to this question of how, from thousands of women, that we find the culture club turning to social service. For it is through organization that the women of the country are able to express their opinions and desires and see them fashioned into better laws and better administration.

Better administration is more needed than better laws. The good citizen never ceases her active interest in affairs. She is not satisfied when she has voted for a good law, but continues to be interested in its enforcement. It is easier to get a hundred women to vote for some reform measure, such as prohibition, control of the social evil, suppression of the white slave traffic, or an improved form of government for her city, than to get one to lift her finger or open her purse to help to enforce that law; for her enthusiasm wears out.

It is not uncommon to see a wave of enthusiasm roll over the community, which ends in the enactment of some stringent law of reform. The law once passed, interest dies out and the conditions are not merely as bad, but worse than before. The law had better never been written than to fail in enforcement.

We know that one of the most effective arguments against any law for the improvement of existing conditions is that the law, if enacted, cannot or will not be enforced. It is here, more than at the polls, that the actively good citizen is needed, and where the good

woman most signally fails. It is only through active organized effort, financial as well as moral support, that laws of reform in character can be enforced, and the good woman must rise to her duty in this direction.

In short, the individual woman, to be a good citizen, must lay aside indolence,

must perfect her home and her community. In order to work effectively, she must work through organization. For work in town or city no more effective woman's organization exists than the woman's club turned toward social service, and, for State and National work, confederated with other clubs.

Things

By Kate Gannett Wells

JUST as bustling used to be a term of praise for a vigilant housekeeper, so has efficient now become her laudatory epithet, which yet may prove itself in time as obnoxious as the earlier word, since noiseless efficiency can be even more aggravating than scurrying energy.

Still, as efficient is the current word of grace, many women like to regard themselves as economic factors in the disbursing of home utilities, instead of not thinking at all about themselves, but just doing their everyday best. Moreover, so constantly has it been reiterated that the way to keep a husband contented is through care for his appetite, and he has accepted the dictum so blandly, that it is forgotten he has other senses than the one of taste. So the blithe, economic efficiency of the girl bride is set off against the happy-go-lucky affection of the young wife, who wants to please and be pleased. But just as surely as the wife is too efficient, the husband gets used to being waited upon, while she, in turn, is surer than ever that he does not know how to take care of himself.

Of course the variations in economic efficiency depend upon moods and incomes. But if trig apron, quick, brisk step, slim waist, long hip lines and a well-blackened stove are indicative of a small income well handled,—the delightful ease of one who knows how to manage butlers and maids, apparently giving directions unconsciously but having them carried

out implicitly, is as sure a presentation of efficiency. Perhaps, it is in reaction against an efficient toilette, and in prophetic knowledge of the eternal feminine, that "symbolical" French dresses are now having a short vogue, their color and material conforming to their names, as "Tangible Present," "Thoughts of Strange Things," "A Silent Appeal," etc.

Just as long as time and strength are reckoned as the chief assets in efficiency, there will always be slips in calculation. The unexpected has to be taken into account, and averages are dependent on health and temperament. Successful matrimony, in affairs of the heart, is not addicted to co-operation, nor will a good balance at the bank take the place of enjoyment in being eternally very much in love.

Even if time spent in saving has fine financial results, as when a forewoman in a large factory said that, "in cutting out shirtwaists, by saving five-eighths of an inch of material in each one, the difference in a month amounted to several whole pieces of cloth," the nervous strain in accomplishing that saving has to be estimated as so much physical and mental strength lessened. Thus is it that the middle-aged, economic housekeeper always looks tired, as if a computing machine were encased in her brain. Very likely she has daily saved a few cents (though she may have expended that amount in chewing gum to keep the baby quiet), but she herself has lost more than

double its worth in the lessening of her potential value. She needs to learn the lesson of not wanting things, the possession of which she fancies would prove her economically efficient.

The economy of being all tired out, in trying to be efficient, is like the story of the man who gave a missionary a shilling for his work in the East and then a sovereign to get the shilling out there. Of course, slackness, the opposite of efficiency, brings desolation in its circuit, not leaving behind any respect for its memory as can efficiency. After all, it is only the decision as to what is permanent and what is transitory, which can adjust the balance between efficiency and slackness in housework. Protracted polishing of copper, brass or silver, needless ironing of starched ruffles, fussy, fancy cooking, puttering and pottering never become permanent adjuncts to home-making.

Perhaps the home efficiency most to be desired lies in the art of adaptation of old to young, of one kind of inherited tastes and convictions to another kind;—somewhat as an English maid in an American home considers a dressing table, even if made out of a shoe box, as essential to her racial dignity, or as an elderly mother wants to keep her furniture and bric-a-brac on straight lines, while her daughter wants to place it in slanting directions. When a housekeeper cannot give up or modify her wonted ways, she resembles the Frenchwoman

who would not divorce her bad husband, saying, "I cannot insult him like that because I loved him once."

Alas, moderation, the golden mean between extremes, has still to be sought in household efficiency as much as in organized industrial efficiency. Already are there protests against the over emphasis in industrial education, as depleting the value of education itself; as a penny-a-line, get-rich-quick scheme, and as a proof that labor was made for man and not man for labor. We have grown away from the tract charity of alms giving, as helping one to live, into that of providing work, even the tools of work. And, then, as we found that neither individual nor collective labor knew how to regulate itself, both were inspected, weighed, measured, cut and trimmed to regulation efficiency,—as, for instance, "if a design submitted for a garment required the stopping of an electric power machine for one second, it amounted to hours in a week" and thereby lessened industrial efficiency.

Whatever may be attained or has already been achieved by industrial inspection, at least the individual home should prove itself able to manage its own little kingdom in paths of pleasantness and peace, for while availing itself of general and specific knowledge to run its domain prudently, yet it will learn to be content without the ownership of things which only multiply cares.

The Old Year Goes

By Ruth Raymond

Upon the Old Year's furrowed brow
A wreath of praise we now would bind;
He was a friend we all avow,
A loyal friend, sincere and kind;

He brought us hope and faith and strength,
And courage noble deeds to do.
The precious year has gone at length,
He was a friend, faithful and true.

The laurel is the victor's mead,
And with it we will twine the rose.
He brought to men a truer creed,
Beloved of men the Old Year goes.

Keeping the House

By L. M. Thornton

DEAR Old Office:—
Yes, this letter is written to you,—to the four smoky walls, and the ink-spattered desk, and the typewriter with its obliging keys, that clicked out so many weeks of work and helped along the coming of the Saturday night pay envelope.

I wonder if you all miss me? I suppose the blond young thing with the painted cheeks is perched in my chair now, and thinks she can hold it down just a little better than I ever did. I'd like to show her. I'd like to walk up to the manager and say, "Here I am, the bad penny come back. Is there a place for me?" I'll wager she'd have a "position wanted" ad. in the papers in the morning.

Perhaps not, though. Maybe when he said, "If you get tired of married life come back to us," he was only joking. What if he was? I don't want to go back, I just want to believe that I could go back if I wanted to.

What would Jack say, though? He does not believe in women working. As though sweeping and dusting and baking and brewing were just play. Why, I have not read my favorite magazine yet this month, and it's been on the table in the sitting-room for a week. Which reminds me, that I must go and dust that blessed table this very minute. I can write my name on it with my finger, and that, they say, is the sign of a poor housekeeper. I saw a cob-web coming down stairs this morning, too. Hope Jack did not notice it. "Where cob-webs grow, beaux never go," and I want to keep Jack my beau even if we are married. Dear, dear, this reminds me of dinner. We've had sauer kraut three times this week, and cabbage salad twice. I'll ruin his digestion, and then

he'll get a divorce on incompatibility of temper.

Last week I baked a pumpkin pie, and it should have been fine, but when I cut it, why, something had happened. It was a pie the like of which was never served before; for the crust was in the middle with a layer of pumpkin above and another below. Jack said it did not taste half bad, but all the King's horses and all the King's men, can't tempt me to undertake the baking of pumpkin pie again.

Housekeeping is strange. At the office I enjoyed the morning, and pitched into the pile of letters with a smile. In the afternoon I'd get hot and tired and blue and discouraged, and think I never could live until closing-up time. Now, the housework looks big and black and horrid in the morning, but, with the sweeping and dusting all done and dinner ready to put on the table, the day seems a short and jolly one.

When I think about you, you dear, old office you, I get so homesick I could cry tears as salt as the stew the night I forgot to freshen the salt pork I put in it, but when I think about giving up the putting things to rights and the ironing of stiff, white garments and plain knitted ones, about never trying any more tempting recipes from my Cooking School, about putting my big kitchen aprons away in a drawer, never to use them any more, and, most of all—well, I dare say it just to you—about Jack—I know that I shall never, never, never come back to you, and that I'm going to forget how the click of a typewriter sounds, and become proficient in putting just the right amount of shortening into a cake.

Housekeeping is a sort of quick-sand, and when it once catches you, you can't

get out. But it's different from quicksand, because it don't swallow you, only your time, and the soft whiteness of your hands, maybe, and you like it better and better, until you feel a sort of pity for even the blond young thing with the painted cheeks, and wish that she, too, had someone to love her, and to

furnish a little house for her to keep.

Good-bye, dear old Office, I'm going after the dusting cloth now, and after that there is dinner to get, and then the dishes to do. Dear old dinner and dishes and dusting, for they make HOME for Jack and

THE EX-OFFICE GIRL.

Nineteen-Twelve

They ring, the merry New Year bells,
Triumphant, East and West,
O'er orange groves their music swells
And o'er the cedars crest.
Alike above the rolling plain,
And where rock-gorges shelve;
A grand, triumphant, stirring strain,
A welcome, "Nineteen-twelve."

They ring, the chiming New Year bells,
Exultant on the air,
O'er factory's smoke and quiet dells,
By streamlets, deep and fair.
Where traffic wends its endless way,
Where husky miners delve,
And in their strain we join today,—
A welcome, "Nineteen-twelve."

—L. M. T.

Shortcuts in Housework

By Jessamine Chapman

THE world of business is waking up to the great loss which the country is suffering from through inefficiency in all our common daily acts. Frederick Winslow Taylor, in his "Principles of Scientific Management," convinces us that the remedy for this inefficiency is systematic management, rather than the extraordinary man, and that this systematic management is a true science with clearly defined laws and principles. He has shown that these principles are applicable to all kinds of activities. To illustrate, in the crude labor of loading pig-iron on cars, men were trained to take certain movements in a definite time, and rest a certain number of minutes at stated intervals, with the result that $47\frac{1}{2}$ tons of pig-iron were carried instead of $12\frac{1}{2}$ tons, when the men were allowed to follow their own individual methods of work. By the application of the law that for each given pull or push on a man's arm it is possible for the workman to be

under load for a definite percentage of the day, it was found that a workman, carrying a pig weighing 92 pounds, can be under load 43% of the day, and must be entirely free from load 57% of the day, if the greatest efficiency without harm be obtained. As the load becomes lighter the percentage of the day under which the man can remain increases. Scientific laws like these, applied rightly, will revolutionize the business world.

It is true that housekeeping has not progressed or kept pace with the development in the commercial and economic world. But housekeeping is a business, and a good one and, if it were in the hands of men, it would not remain for a week in its disordered, unscientific condition. Scientific management can become the basis for the greatest efficiency in housework as well as in any commercial business. To be sure, the work of housekeeping is far more complicated than carrying pig-iron, and cannot be reduced to few automatic move-

ments, but the laws of systematic management are applicable to the household, nevertheless. To state a code of "rule-of-thumb" shortcuts for the use of all housekeepers would be impossible, for shortcuts are evolved only as the results of the application of carefully worked out scientific laws and principles. House-keeping, considered drudgery by the majority of people who fail to look upon it as a science, may become interesting and absorbing when the housekeeper realizes that, by the use of her brain rather than her hands, a system of shortcuts can be worked out, which, summed up, will give her several hours daily of freedom from care of the house, reserving energy enough to take up some outside interest, which will broaden and enrich her narrow life.

Before attempting the application of well-known business principles the housekeeper must know definitely one thing,—What is there to be done? What are the duties of housekeeping, anyway? A training through a scientific course in Home Economics, or by actual experience in a house, will solve well the question of "what is to be done." Miserable failures result always from ignorance of the details of housekeeping. A cook is asked to prepare a luncheon of several courses in a time too short for any mortal to do; a rebuke is given because beets cannot be served in an hour after giving the order; a request is made to put a guest-room in order while the guest is removing her wraps. To be sure, a trained person is expected to accomplish tasks with the greatest amount of efficiency, but a wave of the magic wand won't do all. To know "what is to be done" requires brain-power—mental activity and alertness. To shun this activity lessens at once the ability to make shortcuts.

Having solved the problem of knowing "what is to be done," how may business principles, which involve the use of all the shortcuts possible, be applied in the actual doing?

Two business principles that cannot be separated in consideration must be observed and applied:—First, a true sense of values; second, adaptation of means to an end with the least effort. For example, could the work of sewing and weaving rags for carpets to cover our floors be an application of these principles? Time is too valuable, rugs are too cheap, more durable and more beautiful rugs can be bought, to think of spending hours in sewing rags. Again, one must constantly balance values in the planning of meals. Does it make any difference, if we get the heat and energy we require in food from four quarts of milk daily, or get the equivalent in a mixed diet? To be sure, the diet of milk, exclusively, would be a shortcut in housekeeping, but—the result? An excess of tissue-building food in proportion to carbohydrates, a food too dilute and too completely absorbed, a food more expensive than a mixed diet need be, and hence impractical for dietetic reasons. On the other hand, we must balance values in deciding whether the complicated processes involved in the making of French Pastry, for example, are a legitimate expenditure of time and labor. Are there not substitutes or shortcuts that will give the same satisfaction and pleasure to the consumer?

In the adaptation of means to the end with the least effort, innumerable shortcuts can be made, provided the laws controlling and the results desired are thoroughly understood. In following recipes we have examples of this law. It isn't necessary to grate the cheese for a cheese soufflé, for the same result can be obtained by simply cutting it up or melting it in the hot white sauce. Chocolate need not always be grated, bread crumbs need not be in powdered form for a "Brown Betty" pudding, but for perfect croquettes the state of the crumbs is important. Can a better plain muffin be made by carefully creaming the butter and proceeding as in cake-mixing, than by adding all the moisture to all the

sifted dry ingredients and beating vigorously for a few miments? Would anyone hesitate to use a can of tomato soup, if shortness of time were the aim, in preference to stewing fresh tomatoes and putting them through a purée strainer, in order to make a mock bisque soup, and would the result differ? Can one fail to see the shortcut in using a double boiler for cooking cereal, rather than standing over it and stirring constantly, to keep it from burning? In canning and preserving, has the housekeeper figured out carefully the cost in money and the expenditure of time and labor compared with the economy of serving these foods fresh? When we sit down to calculate the actual amount of time involved in supplying the family with food, even low estimate shows five or six hours daily given simply to the supplying of food, the taking care of it, and the cleaning up after its consumption. "We have no time for anything," is the cry, yet we do nothing toward finding out wherein the enormous waste of time and force is, and how it can be avoided. We can neither beg, borrow, buy, nor steal minutes. They are too valuable to waste in any unnecessary labor. By a systematic study of this problem, our five or six hours could be cut down 25% or 50%, at least.

There are shortcuts in the serving of meals. For a woman without a maid, a serving-table on wheels is a time-saving, energy-conserving invention. The salad and dessert courses may be laid out on this table, and the dishes from the courses as they are finished placed on it. The whole table may be set or cleared with one trip to or from the dining-room.

In dish washing, for example, which is more or less automatic, there is a chance to use Taylor's scientific method to an advantage. With some thought it is possible to find out the best place to put the dishpan, the best position in standing, the best order in stacking and placing dishes, the fewest movements necessary in washing, rinsing, and setting away, so

that the greatest amount can be done in the least time. Time and energy can be saved by picking up a certain combination of dishes, those that go on the same shelf in the cupboard, for instance, when setting them away. One is inclined to say, at first thought, that little can be gained by saving one extra movement of the hands or a few scattered seconds of time in simply washing dishes, but counting the total at the end of a day, a week, a month, a year, enough time would be saved, enough energy reserved, to turn to account in the accomplishment of some longed-for pleasure or fad.

The arrangement of household tools may be shortcuts, or quite the opposite. The dentist or the carpenter has his tools in perfect order, arranged so that there is no unnecessary motion in getting them and putting them away. The kitchen of a dining-car is a model of convenience, but a look at a home-kitchen shows a helter-skelter arrangement which can not lead to any system.

A shortcut (few would so consider it I suppose) which would give leisure time enough to indulge in any pleasure or pursue any interest, can be made in using the right method of taking care of things. Why lay a coat over the back of a chair, then later on the bed, perhaps, before the final act of hanging up in the closet? What an endless amount of time is spent in the mere putting things away in their proper places!

A third business principle which needs emphasis for the housekeeper is good judgment in buying. That is a secret to success in commercial life, and will give leisure time and money to the housekeeper who shows this care. First, distinguish between the "must haves" and the "may haves." Simplicity in house furnishings and household implements goes, hand in hand, with shortcuts in housekeeping. The finish of the furniture determines the amount of dusting necessary; the number of ornaments and bric-a-brac determine the number of

CONTINUED ON PAGE XX

THE BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

JANET MCKENZIE HILL, Editor

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Winter

Snow-banks drifting and frost-flakes sifting

And ice, wherever you go;

But hours of pleasure and joys to treasure

That only Winter can know.

Nights long-lasting and sun-beams casting

A shadow that wraith-like seems;

But tired of jesting, the World-Wise, resting,

Is Child again in his dreams.

Cold winds blowing and storm clouds showing

Their pillars of angry white,

But bells that jingle and songs that mingle

Far-flung on the silent night.

Barren beaches and gale swept reaches

And fettered and frozen streams,

But, tired of feigning, the ruled,—the reigning,—

Is Child again in his dreams.

Blossoms scattered and borders battered,

And beauty of gardens blurred;

But hearth-fires gleaming and fond eyes beaming

And hearts that are strangely stirred.

Storm-tossed billows, but downy pillows

And a lure that witching gleams,

Weary of reaping, the World-Wise sleeping,

Is Child again in his dreams. L.M.

IN 1912

THE COOKING SCHOOL MAGAZINE may have issued a better number than the present, but certainly not many such. We do not intend to hark backward, but look forward to better things. A culinary publication is designed, not merely to please or amuse, but to help its readers. Usefulness is the reason of its existence. In fact, nothing is really artistic or pretty that is not also useful.

Domestic Science is making progress with great rapidity. Interest in the subject was never more wide-spread and persistent. Unadulterated foods, sanitary surroundings, hygienic living, are matters of solicitude and concern to constantly increasing numbers.

Now, this is the season when subscriptions to periodicals are largely given or renewed. We trust our readers will not, without good and sufficient reason, discontinue their subscriptions to the COOKING SCHOOL MAGAZINE. We open our daily mail with anticipations of renewals, and are glad to say that we are not unduly disappointed. Not long since, a lady wrote us, kindly to discontinue her subscription as she really did not need a culinary publication the coming year. While we always regret the loss of an esteemed subscriber, we feel that, in this and like instances our mutual good-will has not been lost. On occasion, we shall be pleased to render service to our former patron as readily as though her name was still on our list. We are not inclined to claim or to promise what can not be fulfilled. In 1912, however, we propose to maintain the standard and character of the COOKING SCHOOL MAGAZINE, and make it, if possible, still more worthy of the enviable reputation it has already gained.

NERVES AND HOUSEKEEPING

THE nervous irritability of the busy housekeeper is one of the standing jokes of the funny column. House-

cleaning, preserving, dressmaking, closing and opening the house in vacation season, are some of the many strenuous experiences which are supposed to upset the steadiest equilibrium, while parties, entertaining and extra dinners of any sort are regular signals for cloud-bursts. Happily the modern methods are diminishing the difficult conditions which produce nervousness. Better appliances for work and a better system of working have transformed housekeeping from drudgery to a fine art. Women no longer confine themselves exclusively to domestic labor. A multitude of outside interests, social, intellectual and religious give variety to life. It would seem that nervousness ought to be entirely outgrown with all the other old-fashioned things. But unfortunately this so-called American disease has a fearful hold upon us, and women are constantly breaking down from the supposed labors of housekeeping. A lack of self-control is often at the root of the matter. It behooves every sensible woman to keep the upper hand of herself, not to let small accidents prostrate her, not to fret and worry over trifles, not to do two days' work in one, not to expect miracles of others. An outburst of impatience is a definite tax upon the nervous system. The most successful housekeeper is one who has forgotten her nerves.

TOOLS AND THE WOMAN

WHILE every good housekeeper rejoices in the constantly increasing facilities for domestic work, there is some danger of overestimating the importance of tools. The town housekeeper, accustomed to the gas range, finds herself quite at a loss in the summer cottage which affords only a small oil stove. The country women who use wood and the city folk who burn coal would be entirely bewildered by exchanging conditions. To make sponge cake without a Dover egg-beater, to cook breakfast food without a double

boiler, to make hash without a meat chopper or mix bread without a patent mixer, to wash clothes without set tubs and running water, or to get them dry without a wringer—are among the ordinary things which we count impossible. A multitude of tins and dishes, knives, forks and spoons of all shapes and sizes, apparatus of every description for doing each cooking task, fill the modern kitchen and spoil the cook for more primitive ways.

But the born housekeeper is superior to tools. She is a genius in her way and can evolve something out of nothing. Her ingenuity can supply the lack of almost any utensil. With the simplest conditions she surpasses the efforts of many another who has everything at command. We often read of the wonderful feats of missionary surgeons, like Dr. Grenfell, who set broken bones, and cure raging epidemics far from the conveniences of hospitals and surgical instruments, and with the most limited pharmacopœia. So the gifted housekeeper, much as she may like a well equipped kitchen, is capable of great things without it. Difficulties are an incentive to her ambition, and put her on her mettle. The absence of tools is the real test of her calibre.

WITH ENGLISH FOOD REFORMERS

NEAR London, yet in a charming pastoral country, stands a fine residence for food reformers, primarily for those on a "uric acid-free" diet. The house is an old one, once Lord Chesterfield's, but it has been skilfully modernized with electric light and the luxury of hot and cold water in every bedroom. The remains of a moat surround the gardens; an old sundial still adorns the wall; and the same fig-trees whose fruit was often sent to George the Fourth grow as prolific as ever. The formal and kitchen gardens are most attractive, for the high brick walls are covered with roses and fruit trees, and handsome

flowers border the walks.

A broad stone terrace at the back of the house makes a delightful promenade; in the gardens and the tennis-lawn are many shady seats; while for the sportsmen golf links are just outside the gates in private meadows near a pretty lake. From the nearby town motors run to many points of interest, and happily the Thames is near enough to allow a day's outing.

Indoors the square hall, stone-flagged, is always cool on sunny days; a great fireplace with its circle of chintz chairs makes it a cosy spot in winter. The library contains the latest magazines on health and diet.

And now to the dining-room: those who are on a strict diet have a special fare, so, also, the patients sent up by the famous London doctor, who makes uric acid his chief study and this house his pet resort. Others, who are not ill but merely interested in keeping within bounds the accumulation of acid, eat wisely whatever the bill of fare offers. For those accompanying patients—those not yet converted—meat and fish are provided.

For luncheon and dinner the real food reformers have a choice of several savories made with cheese or nuts; grated and whole nuts are provided at every meal, especially the delicious pine-kernels, little used in this country, but easily obtainable. Potatoes and other vegetables are abundant, with good breads, wafer toast, and wheat biscuits. Dessert is dainty,—junket or curd with stewed greengages and other fruit, perhaps a tart, and jellies and milk puddings. Curd is very refreshing, eaten in this way; the more restricted guests eat it alone as meat. One may order for more meat-value the beaten white of egg on toast. No yolks are used in preparing food; sugar very sparingly; and the entire pulse family must be carefully avoided, for all these contain uric acid. Instead of lard or butter in frying, a nut preparation is used.

Tea and coffee are eschewed, of

course, by ardent reformers; an American cereal coffee is served; even at afternoon "tea" this same fragrant beverage appears. We Americans explained with pleasure how to use it as a cold drink with plenty of cream, cold drinks and hot summers being unknown to England.

There is a resident physician who gladly advises on matters of diet. Frequently the London doctor runs up with patients or stays himself for a restful week-end. The house is especially gay at holiday times; but at any time one meets charming people, not the gloomy dyspeptics we feared, but families from all over Great Britain, who return again and again to enjoy a healthful and restful life.

H. F.

A writer in the *Atlantic* laments that "cultivated people are very much less in evidence than they used to be." One reason, granting the fact, may be that the general level of culture has risen, and another that women who have heretofore given themselves to reading are now busy with charities, social ambitions, and even with political agitations.

Kate Douglas Wiggin tells of a hard-working farmer's wife, who was asked if she believed in woman's suffrage, and would like to vote. "No, I certainly do not," she exclaimed with a vigorous movement of the churn dasher. "I say, if there is any one little thing that the men folks can do alone, for goodness' sake let 'em do it."

When a bit of sunshine hits ye,
 After passing of a cloud,
 When a fit of laughter gits ye
 An' ye'r spine is feelin' proud,
 Don't fergit to up and fling it
 At a soul that's feelin' blue,
 For the minit that ye sling it
 It's a boomerang to you.

—Capt. Jack Crawford.



FRENCH ENDIVE IN RINGS OF GREEN PEPPER
(Oil, Vinegar, Salt and Pepper in Receptacles for Dressing Salad at Table)

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Clear Green Turtle Soup

HAVE ready five cups of rich broth, made of beef and chicken or veal, flavored with celery, onion, parsley, carrot and two or three leaves of sweet basil, if available. The broth must be freed of all fat. To this add the liquid from a can of clear green turtle (the part of young turtles adjoining the shell) and the slightly beaten whites of two eggs, with the crushed shells, and the thin yellow rind of half a lemon. Stir constantly until the liquid boils up vigorously, let simmer five minutes, then draw to a cooler part of the range to settle. Strain through a napkin wrung from hot water. Add the green turtle, cut in small cubes, and re-heat without boiling, when it is ready to serve. If desired, at the last moment before serving add three or four tablespoonfuls of Madeira wine. The soup is often served without clarifying with the whites of eggs.

Mushroom Consommé

Have ready five cups of strong broth, made of beef, veal or chicken, or both, and flavored with the usual soup vegetables, free of all fat. Add half a cup of dried mushrooms, soaked for an hour or more in cold water and pounded smooth, the slightly beaten whites of two eggs and the crushed shells of the same, and mix all together thoroughly. Set the soup over a slow fire and stir constantly while heating the whole to the boiling point; let simmer ten minutes, then draw to a cooler place to settle; skim and strain through a napkin wrung out of boiling water. Season as needed with salt and pepper and serve at once.

Tomato Soup, with Whipped Cream

Cook one can of tomatoes, half an onion with two cloves pressed into it, a stalk of celery with leaves, four or five slices of carrot, one-fourth a pepper pod

and two branches of parsley, twenty minutes, then press through a very fine sieve; add one quart of rich chicken broth, a teaspoonful or more of salt, as needed, and when again boiling stir in two or three level teaspoonfuls of potato flour or cornstarch, mixed to a smooth consistency with cold water. Stir until boiling; let simmer ten minutes, skim as needed. Serve in cups or plates with a tablespoonful of whipped cream above the soup in each dish.

Tunny Fish Welsh Rabbit

Melt one tablespoonful of butter in the blazer of a chafing dish; turn the blazer to thoroughly butter the whole surface; add half a pound of common

carefully cleaned fish; wash and wipe dry both inside and out. Fill the open space with bread dressing, and sew the fish to keep the dressing in place. Beat one-fourth a cup of butter to a cream, gradually beat in three tablespoonfuls of flour, half a teaspoonful of salt and half a teaspoonful of pepper, and spread over the top of the fish, set either in a baking pan on bits of salt pork, or in well-buttered paper bag. Bake about forty-five minutes in a bag, forty minutes in a baking pan. If baked in a pan, baste frequently with the fat in the pan or with hot butter or salt pork fat. Serve with Drawn Butter Sauce.

Drawn Butter Sauce



FISH BAKED WHOLE, WITH DRESSING

factory cheese, shaved in very thin slices, half a teaspoonful, each, of salt and paprika, and stir constantly until the cheese is melted, then stir in the yolks of two eggs, beaten and mixed with half a cup of cream; stir constantly until the mixture thickens and becomes smooth, then add half a can of tunny fish, separated into flakes; mix thoroughly and let stand over hot water to become very hot, then serve on the untoasted side of bread, toasted on but one side.

Fish Baked Whole, with Dressing

Remove fins, head and tail from a

Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, half a teaspoonful of salt and half a teaspoonful of pepper; add two cups of cold water and stir constantly over a quick fire until boiling; let boil a few minutes, remove from the fire and beat in one-fourth a cup of butter, a little at a time. Serve at once after the addition of the butter.

Bread Dressing for Fish

Mix two cups of soft bread crumbs, one-half a cup of melted butter, half a green pepper, or a whole chili pepper, chopped fine, two tablespoonfuls, each,

of chopped onion, parsley, cucumber pickles and capers, and half a teaspoonful of salt and use as directed for stuffing a fresh fish.

the prepared mixture, set the other fillet in place and spread with the rest of the mixture. Let bake about thirty minutes. Serve with potatoes maître d'Hôtel, or



CUCUMBER SALAD, MINUTE PEARL ONIONS, FLUTED KNIFE

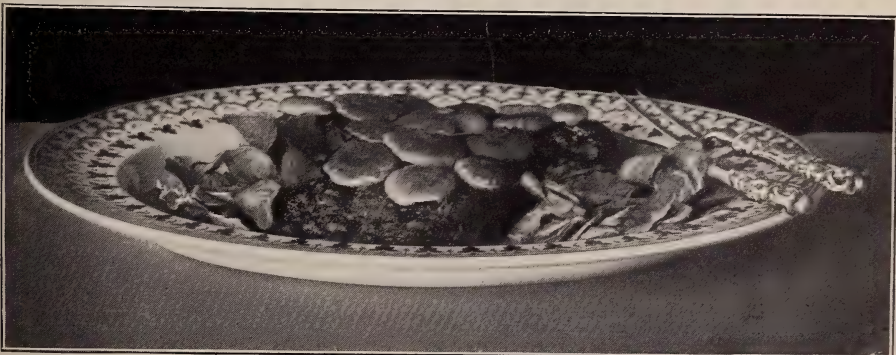
Baked Fillets of Fish

Remove skin and central bone with as many small bones as possible from a whole fish, to secure two large fillets. Cream one-fourth a cup of butter; beat in the yolks of two eggs, one at a time, then add two tablespoonfuls, each, of fine-chopped onion, parsley, capers and pickles, with two tablespoonfuls of lemon juice, half a teaspoonful of salt and half a teaspoonful of paprika. Put one fillet on bits of salt pork, sprinkled over a fish sheet or piece of tin the length of the fillets, spread with one-half

with mashed potato, Hollandaise or drawn butter sauce.

Cucumber Salad (To Serve with Fish)

Let a cucumber stand an hour or longer in very cold water to cover. When ready to serve remove the thin green skin, then take off a thicker paring with a fluted knife; cut the cucumber into thin, even slices, but take care to keep the slices close together. Set the cucumber on a salad plate. Mix together one-half a teaspoonful, each, of salt and paprika, and two tablespoonfuls of vin-

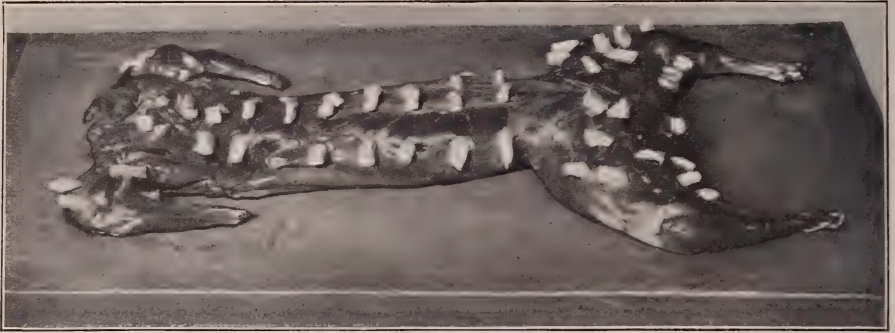


SIRLOIN STEAK. TIVOLI

egar, then gradually beat in six tablespoonfuls of olive oil and pour over the cucumber. Sprinkle with one table-

Bernaise Sauce

Put two tablespoonfuls, each, of fine-



LARDED RABBIT, READY TO BAKE

spoonful of minute pearl onions (about one-fourth an inch in diameter) and one tablespoonful of fine-chopped parsley.

Sirloin Steak, Tivoli

Remove the flank, superfluous fat and the chine bone, wipe with a damp cloth and set to broil over a quick fire and quite close to it. Turn the broiler each two seconds for two minutes, then remove farther from the fire to finish the cooking. Set the steak on a hot platter and spread with Bernaise sauce. Above set half a pound of fresh mushrooms that were cooked while the steak was

chopped green pepper and mild onion (shallot) and one-fourth a cup of vinegar to simmer on the back of the range. When the moisture has nearly evaporated, add two tablespoonfuls of butter and the beaten yolks of three eggs. Set the saucepan in a dish of boiling water, then stir and let cook, adding twice, meanwhile, two more tablespoonfuls of butter. When the sauce thickens, season with salt and strain. The sauce may also be used without straining.

Larded Rabbit Baked with Milk

One rabbit will serve from four to



BAKED RABBIT, WITH BACON ROLLS AND RICE CROQUETTES, WITH JELLY

broiling. Discard the stems and peel the caps. Set these, gill side up, in a buttered frying pan, drop a bit of butter in the center of each, cover and let cook in the oven.

six people. Cut off the head on a line with the shoulder bones. Remove the rib bones and as many layers of skin from the outside as is possible. Cut off the feet and scrape the flesh from as

many tendons as are in sight; discarding the tendons. Wash in several waters, then wipe dry. Lard the whole upper

Omitting the rice croquettes, a dish of macaroni and cheese might accompany the dish.

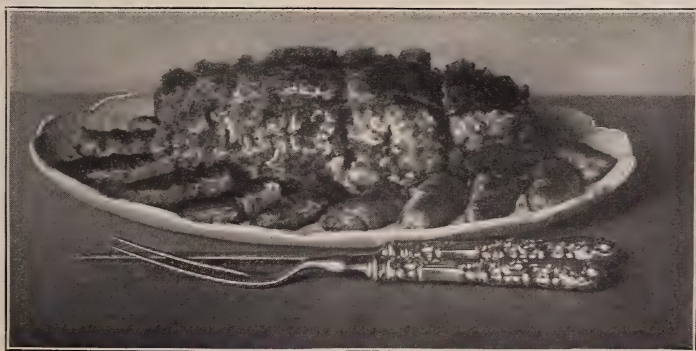


RABBIT À LA MARENGO

surface with pork lardoons or, to save time, spread over the rabbit in the pan thin slices of larding pork. Set into a hot oven, baste, at first, with the fat in the pan, then lower the heat and baste with hot milk; dredge with flour after each basting. Let cook from one hour to one hour and a half, or until tender. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, half a teaspoonful, each, of salt and paprika, then add one-fourth a cup of cold milk and the milk drained from the baking pan. Dispose the rabbit on a hot dish. Set around it from four to six cup-shaped rice croquettes, each holding a teaspoonful of currant jelly; between the croquettes set rolls of bacon, fried in deep fat or cooked in the oven. Run a wooden toothpick through each roll to hold it in shape while baking. Serve the sauce in a bowl.

Rabbit à la Marengo

Separate a carefully washed-and-dried rabbit into eight pieces, four legs and four body pieces. Discard rib bones and all tendons possible. Season the pieces with pepper and salt and roll in flour. Heat equal parts (about three tablespoonfuls, each), of clarified butter and olive oil in a frying pan; put in the joints of rabbit and let cook, turning when needed, to a golden brown. Drain the fat from the pan, add one-fourth a cup of Sauterne and let this reduce. Heat three tablespoonfuls of fat from the pan, stir in three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth of pepper, then add three-fourths a cup, each, of tomato purée and rich brown stock, flavored with vegetables and herbs. Pour this over the rabbit and let simmer forty-five minutes. Dis-



STUFFED PORK TENDERLOIN, WITH BANANAS

pose a flat bed of mashed potato on a serving dish; on this set the pieces of rabbit; skim all fat from the sauce and

cuit dough on flaky pastry above, letting it rest on the meat in the center and then out onto the edge of the dish



STUFFED TURNIP SALAD

strain it over the rabbit. Set some crescent-shaped croutons of bread around the edge. Peeled mushroom caps, with a bit of butter in the center of each, baked ten minutes, may be set in groups between the croutons.

Rabbit Pie

Disjoint the rabbit, making six pieces of the body and two of each of the hind legs and second joints. Wash and wipe dry in lukewarm water, roll in flour and sauté in hot fat; put the pieces in a saucepan, cover with hot milk, or beef or veal broth and let simmer until the meat is tender. Transfer the pieces of meat to a baking dish suitable to send

on all sides. Brush figures, cut from the dough or paste, on the under side with cold water and set in regular order above the cover. Let bake about half an hour or until the paste is thoroughly baked.

Stuffed Pork Tenderloins, with Bananas

Have two pork tenderloins of good size. These sell for .25 each, in Eastern markets, but are much less in most other markets. Make a bread dressing of one cup of soft crumbs, two or three sage leaves, a grating of onion, one-fourth a teaspoonful, each, of salt and pepper and one-fourth a cup of melted butter.



CAULIFLOWER, MAÎTRE D'HÔTEL

to the table; add a few bits of butter, a tablespoonful of fine-chopped parsley, also salt and pepper as needed; add one-fourth a cup of port or sherry, or one-fourth a cup of fresh mushrooms, broken in pieces, or dried mushrooms, soaked in cold water and chopped; strain over the broth, set a cover of bis-

Spread this on one of the tenderloins, and press the other above it; tie in three places with tape or narrow strips of cloth, set on several skewers in a casserole, pour over some hot dripping and let cook about two hours in a very moderate oven, basting frequently with hot fat. When about ready to serve, peel

some bananas, scrape off coarse threads, cut in halves, crosswise, and each half, lengthwise. Dip the quarters in flour and sauté in hot fat. Set the meat on a serving dish, surround with the bananas and serve at once.

Stuffed Turnip Salad

Select small turnips of the same size; pare and trim to stand level on a plate, then pare again using a fluted knife. Cook in boiling water, without salt, until tender, drain and sprinkle with salt. When cool enough to handle remove the center from each turnip, to leave a thin shell. Prepare a little French dressing, using a tablespoonful of oil for each two turnips. Pour the dressing over the turnips, turn them in it and set aside to become chilled. When ready

level on the serving dish. Also select a flat rather than a rounding head. Have ready one or two lemons, according to the size of the cauliflower, cut in thin, even slices, and sprinkle the slices with fine-chopped parsley. Spread the sauce over the cauliflower and dispose the slices of lemon above in a symmetrical manner. A slice of lemon accompanies each service.

Pear Bavarian Cream

Take a Charlotte mold that holds five cups. Drain the half-pears in a can. Carefully cut a thin (one-fourth inch) slice from four half-pears. Each of the slices will have an open space in the round end. Set two of the half-pears, round side downwards, and meeting in the center, on the bottom of the mold.



PEAR BAVARIAN CREAM

to serve, fill with cold peas, asparagus tips or tiny string beans, cut small, seasoned with French dressing. Surround with heart leaves of lettuce and finish with a figure, cut from a slice of beet or pimento.

Cauliflower, Maître d'Hôtel

Let a choice head of cauliflower stand, head downwards, in cold salted water an hour or longer. Cook in boiling salted water until just tender. Cream one-fourth a cup of butter and gradually beat into it half a teaspoonful, each, of salt and paprika and one tablespoonful of lemon juice. Trim the stalk before cooking, that the cauliflower may stand

Let the other two be set, round side against the mold, upright, at the center of the two opposite long sides of the mold. Press the slices, round end downward, against the side of the mold and thus with the others, and more if needed, completely line it. Press the rest of the pears through a sieve. There should be about one cup of pulp and about one cup of syrup, previously drained off. To the syrup add half a cup of lemon juice, one-third a cup of sugar and one-third a package of gelatine, softened in one-third a cup of cold water; let heat over the fire to dissolve the gelatine, then strain through a cheese cloth and let chill. When beginning to

set, turn into the mold to cover the half-pears in the bottom of the mold. To the cup of pear pulp add the juice of



CHESTNUTS, CHANTILLY

one lemon, one-half a cup of sugar, and one-third a package of gelatine, softened in one-third a cup of cold water; stir over the fire until the gelatine is dissolved, then stir occasionally until beginning to set, then fold in one cup of cream, beaten firm. When the mixture "holds its shape," turn it into the prepared mold and set aside to become thoroughly chilled. When ready to serve set the mold for an instant in warm water, then unmold on a chilled plate. Decorate with half a cup of cream, beaten firm, and six or eight, each, of

Chestnuts, Chantilly

Slice one or two preserved chestnuts flavored with vanilla into a glass; add a large spoonful of whipped cream sweetened slightly and flavored to taste, make a depression in the top and fill with a chestnut and maraschino cherry, each cut in slices. A cup of cream sweetened with a scant fourth a cup of sugar will be enough for four or five glasses.

Date Cake

The ingredients for the cake are: half a cup of butter, one cup and a half of sugar, one cup of cold water, three cups of pastry flour, sifted twice before measuring, then sifted again with two slightly rounding teaspoonfuls of baking powder, one teaspoonful of vanilla and the whites of four eggs. Mix and bake in the usual manner. Bake the cake in two layers or in one large sheet. For the filling cook one pound of stoned dates, washed in boiling water before stoning, one cup of sugar and half a cup of water until the dates are very soft, stirring often while cooking. Cook very slowly, adding water if needed. When smooth and thick pour on the whites of two eggs, beaten dry. This may be used as filling and covering for the cake,—or, it may be used as a fill-



DATE CAKE

pistachio nuts, blanched and chopped, and candied cherries, cut in slices. Heat the cherries in boiling water and they may be cut more readily.

ing, and a frosting made of one-fourth a cup of hot syrup and sifted confectioner's sugar, flavored to taste, be used for the top.

Menus for a Week in January

"Food eaten without enjoyment lies like lead in the stomach and does more harm than good." — Henry L. Finck.

SUNDAY

Breakfast

French Rolls
Apples Stuffed with Dates, Baked
Doughnuts Coffee Cocoa

Dinner

Lamb Broth with Tomato
Roast Spare Ribs of Pork
Mashed Potatoes
Sweet Potatoes, Southern Style
Sifted Apple Sauce Frozen Apricots
Oatmeal Macaroons Half Cups of Coffee

Supper

Rice and Milk or Syrup
Gnocchi à la Italienne
Bread and Butter
Stewed Prunes Macaroons Tea

MONDAY

Breakfast

Cereal, Thin Cream
Cold Spare Ribs of Pork
White Hashed Potato (Baked)
Fried Apples Doughnuts Coffee Cocoa

Luncheon

Succotash
(Kornlet and Dried Lima Beans)
Hot Baking Powder Biscuit
Sliced Pineapple Chocolate Brownies
Tea

Dinner

Broiled Beef Steak, Fried Bananas
Baked Sweet Potatoes Cabbage Salad
Cornstarch Blancmange Sugar, Cream
Half Cups of Coffee

TUESDAY

Breakfast

Finnan Haddie, Broiled
Stewed Potatoes Pickled Beets
Rye Meal Muffins
Coffee Cocoa

Luncheon

Cream of Celery Soup
Apricot Shortcake
Caramels
Tea

Dinner

Tomato Soup
White Fish, Stuffed and Baked
Drawn Butter Sauce
Mashed Potato
Endive or Lettuce Salad
Lemon Pie
Half Cups of Coffee

SATURDAY

Breakfast

Bananas, Cereal, Thin Cream
Swedish Tea Ring
Fish-and-Potato Hash
Coffee

Luncheon

Boston Baked Beans with Sausage
Boston Brown Bread
Apple Tapioca Pudding
Tea

Dinner

Poêled Shoulder of Lamb
Sweet Potatoes
Creamed Cabbage
Canned Fruit, Chocolate Cake
Half Cups of Coffee

WEDNESDAY

Breakfast

Cereal, Thin Cream
Sausage, Apple Sauce
Mashed Potato Cakes
Buckwheat Griddle Cakes
Coffee Cocoa

Luncheon

Creamed Fish au Gratin
Scalloped Potatoes
Pickled Beets or Cabbage Salad
Boiled Rice, Chocolate Sauce Tea

Dinner

Chicken Pie
Squash Cranberry Sauce
Pineapple Bavarian Cream
Half Cups of Coffee

THURSDAY

Breakfast

Smoked Beef in Cream Sauce
Baked Potatoes
Spider Corn Cake Stewed Prunes
Coffee Cocoa

Luncheon

Cheese Custard Celery
Doughnuts Coffee Cocoa

Dinner

Shoulder of Pork, Roasted
Mashed Turnips Mashed Potatoes
String Beans, French Dressing
Apples, Cooked in Syrup and Lemon
Juice, or Gingered Pear Chips
Pumpkin or Squash Pie
Half Cups of Coffee

FRIDAY

Breakfast

Cereal, Thin Cream
Salt Codfish Balls Home Made Pickles
Corn Meal Muffins
Coffee Cocoa

Luncheon

Cold Shoulder of Pork
Scalloped Tomatoes and Onions
Celery or Endive
Graham Bread and Butter
Steamed Fig Pudding, Liquid Sauce
Tea

Dinner

Salt Salmon, Boiled, Egg or Pickle Sauce
Boiled Potatoes
Cauliflower or Cabbage Salad
Sour Cream Pie or Baked Indian Pudding
Half Cups of Coffee

Formal Luncheons and Dinners in January

"The most important problem now before the American public is to learn to enjoy the pleasures of the table." — Henry L. Finck.

LUNCHEON I

Tomato Soup, Whipped Cream
Creamed Crab Flakes au Gratin
Cucumbers, French Dressing and Pearl Onions
Maryland Fried Chicken
Kornlet Fritters, Bacon Rolls
Sweet Pickled Peaches
French Endive Salad in Rings of Green Peppers
English Muffins Toasted
Edam Cheese
Pear Bavarian Cream
Lady Fingers, Coffee

LUNCHEON II

Salpicon of Grapefruit and Pineapple in Glass Cups
Oyster Croquettes, Sauce Tartare
Parker House Rolls
Lamb Chops, Maintenon
Lettuce, Turnips with Peas, French Dressing
Welsh Rabbit in Tiny Puff Paste
Patties (Hot)
Ripe Olives
Cocoa, Whipped Cream
Mushroom Meringues Macaroons

LUNCHEON III

Chicken Soup with Meringue
Scalloped Oysters
Olives Gherkins
Rabbit Pie
Currant Jelly
Celery-and-Grapefruit Salad
(French Dressing)
Edam Cheese
Toasted Crackers
Raspberry Bombe Glacé
Oatmeal Macaroons
Salted Nuts Preserved Ginger
Coffee

DINNER I

Tiny Anchovy Eclairs (Chaudfroid)
Clear Green Turtle Soup
Truffled Fish Mousseline, Fish Bechamel Sauce
Sweetbreads, Touraine Style
Saddle of Lamb, Roasted, Mint Sauce
Mashed Potatoes, Vienna Style
Cauliflower, Maitre d'Hôtel
Baked Ham, Madeira Sauce
Lettuce-and-Celery Salad
Individual Custard Souffle, Sabayon Sauce
Pompadour Cup, Marrons Glacé
Coffee

DINNER II

Consommé Julienne
Salted Nuts Olives Celery
Fried Scallops, Sauce Tartare
Sweetbreads, Alice
Larded Fillet of Beef, Bernaise Sauce
Potatoes Anna
Scalloped Egg Plant
Raspberry Sherbet
Ham Mousseline, Green Pea Purée,
White Mushroom Sauce
Endive Salad
Stewed Figs in Wine Jelly, Whipped Cream
Coffee Bonbons

CHAFING DISH SUPPERS

I

Boston Brown Bread Sandwiches
Salted Pecan Nut Meats
Olives
Welsh Rabbit with Tunny Fish
Pineapple-and-Endive Salad
Ginger Ale
Coffee

II

Rabbit à la Marengo
(Reheated in Chafing Dish)
Currant Jelly
Celery Hearts
Frozen Apricots
Oatmeal Macaroons
Coffee



Efficiency in the Home

By Janet M. Hill

"Inefficiency in women is as great a danger to the state as quackery in medicine."

WASTEFULNESS pervades our homes as they are conducted today. Lacking technical training, we are ever practicing and learning in the costly school of experience. Unwittingly we are wasteful of our own time and strength; we tax our nerves and vitality in trying to do things that we do not know how to do. Our children do not grow up with strong digestive power and sound bodies, but are hampered throughout life by the after effects of preventable diseases and ills that might have been avoided.

In the business world great progress has been made. Take, for instance, the mailing of bills, where thousands of individuals must be addressed. Each individual name is written but once, the envelope being so made and the bill so folded that the address needs not be repeated. Likewise in the making of shoes and other wearing apparel many pieces of a certain size are stamped out in the time formerly required to cut out a single piece.

The remark is often made that, if men had been engaged in the practical management of the home, long ago scientific methods would have been introduced therein. But for years both men and women have been providing something in the line of a home in hotels, restaurants and institutions, yet there seems to be no very marked advance in the methods employed by men in conducting public homes over those used by women in like places.

In the individual home the business of housekeeping and homemaking rests upon quite a different basis from that of any other business. Normally the wife and mother is not engaged in providing the means of livelihood or in accumulating wealth, she disburses or expends what is provided for the maintenance of the family. The first law in the business of housekeeping has ever been and must continue to be the accommodation of the money spent to the money earned. In business, if a larger and better paying trade can be built up by an increase of the capital invested, the end is thought to justify the means and money is borrowed for the purpose. A well-defined system of procedure reduces the movements of all employees to a clock-like accuracy and the whole organization is kept in running order by the supervision of men of ability and nerve, qualified to cope immediately and successfully with any emergency that may arise. But in the home, though a greater degree of health and higher efficiency of a growing family may be secured by the employment of trained helpers and supervisors, the outgo must still be regulated by the income, and the wife and mother, often handicapped by ill health, must act as doctor, nurse, kindergartner, cook, laundress and dressmaker, though she be ignorant of the elementary principles of each and all of these callings.

The average home, conducted as a business venture, calls for several expert and trained workers and, at least,

one trained supervisor. But the average housekeeper is neither a trained worker nor a trained supervisor. Moreover, as conditions are constantly changing, even the women educated in the best schools of Home Economics need help in meeting the problems that are constantly confronting them.

Of course, there are families in which expert workers and supervisors are possible. Also, for the family of the day laborer, some helpful things have been devised. The visits of the district nurse, a woman schooled in a knowledge of ventilation, cleanliness and germs, by her occasional visits and conversation can do much to prevent the oft recurring diseases, which the modern house, left to itself, is sure to breed. Then there are tactful experts, like Miss Gibbs and her peers, who are employed by city organizations to go from house to house, advising the wife of the day laborer how to spend the day's earnings, to get the greatest satisfaction for each member of the family. Nor is this service limited to advice only, but, with wraps laid aside, skilful hands show these housekeepers how to do in detail many little things that will lighten work and brighten the ways of life. Trained workers such as these are bringing some degree of efficiency into many a home and steadily lifting up the standards of living.

But it is in the homes of those who are living on a salary of from \$1200 to \$2000 per year that something should be done. In these homes, the wife and mother, with the care of two or three children, is literally buried under a multiplicity of duties, no one of which she may know how to do well. These women have ability and an earnest desire to do the best possible for their families, but they have neither time nor strength, nor the equipment for experimenting, and thus need assistance. Who is to help them? As a solution of this problem Mrs. Abel, editor of "The Journal of Home Economics," suggests that a

a bureau of Home Economics be established in every town and city. She would have such a bureau presided over by a woman trained both scientifically and practically in the technique of household affairs. Here should be kept on file, reports of all research work that has been done in home economics and kindred lines of effort; no matter whether the work be classed as a failure or a success; in either event the reports would be educational. There should be files giving the details and tabulated results of ventures in co-operative housekeeping, co-operative meals, co-operative laundries and the details of plans used in preparing and serving school luncheons. There should be reports and statements on the comparative cost of bread, rolls, cakes and all delicatessen supplies, prepared at home and away from home; also on the comparative cost of the various kinds of fuel used under varying circumstances. There should be files explaining and criticising equipments of kitchens, store-rooms and pantries, also tabulated results acquired by specialists in the use of all varieties of modern cooking utensils. There should be a well-defined list of all short-cuts in housekeeping, with notes as to their value. The effects of various procedures in the care of children with contagious diseases should be given a place; in short, there should be readily available reports of all research work in both domestic science and domestic arts.

At this bureau why not employ one or more assistants whose duty should be to visit the homes of those who, by reason of the care of young children or a multiplicity of duties, can not make proper use of the bureau. Then, too, the efficiency of the bureau would be doubled, if someone could show how various processes are done and teach how to get the most from the advantages offered. The carrying-on of this work might be divided between the U. S. Government and the respective towns.

The research work that renders these bureaus possible is now conducted at the Agricultural experiment stations and the maintenance of the home bureaus themselves might be assumed by the respective towns. That such a center of information would add, eventually, to the efficiency of the home is not to be doubted. When one considers the impetus the public library has given to reading and the general information of communities, who can say what may not be accomplished by bureaus devoted to disseminating in all possible ways a knowledge of home economics? If

anything more of a confirmatory nature regarding the need of such bureaus of information be desired, consider the present knowledge of club women on the one subject of food and dietetics. A group of so-called, well educated, progressive club women, at work on menus for school luncheons, decided that it was best to have soup each day, but that ice cream should not be provided, because it was wanting in nutritive properties. Statements like this are indicative of the attainments of the present day housekeeper, in most matters pertaining to home economics.

Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XVI

Bread, with Yeast

IN the study of bread, we take up one of the simplest and, at the same time, one of the most complicated processes in the preparation of food. The ingredients are few and simply combined, the method of combination is easily learned and needs only care and practice to achieve skill and success, yet the chemistry of bread-making, and the whole story of the yeast are altogether too difficult for very lengthy discussion with any pupils, save those who have already a good foundation knowledge of both chemistry and bacteriology. Even a beginner, however, in learning to make good bread, may do the work intelligently and with some idea of the reason "why."

Bread is often used as a term almost synonymous with food in general, as in the petition in the Lord's Prayer. This shows, of course, the widespread use of this article of food and also the antiquity of its invention. Mattieu Williams says, "Its discovery was certainly very far anterior to any knowledge of the chemical principles involved in its application, and probably accidental."

Since bread is so universally eaten, often when other food is not abundant or wanting altogether, it is doubly necessary that there be a recognized standard of excellence and an understanding of the method by which such excellence may be obtained.

The word bread comes from ancient words which mean to bruise, break or pound; and tells us at once, that it is made from some grain which has been crushed or ground to a powder for our use. Different grains are used in different countries, and in our own land grain is prepared in various ways, giving us flours of varying color, coarseness and food value. In general, however, we may say the flour manufactured from wheat is best and most widely used. (Let the pupils name all the kinds of grains they know and study the meal prepared from them, if possible.)

Beside the flour necessary for the formation of a dough, it is of course essential to have some liquid to moisten it and a lightening or leavening agent, if the dough is not to be heavy and tough. Salt, too, is needed to give flavor to the

flour. Most persons add, also, for additional flavor and for tenderness, a small amount of sugar and of butter. Care must always be taken to add only a small quantity of these two substances, and to protest against the "cake-bread" all too common in this country. (Let the pupil make two lists, from memory—one of the essential ingredients in bread-making; one of the additions for flavor.)

Examine some wheat flour carefully. We have bread-flour and pastry-flour. (Let the pupils examine each and observe the difference in color and in texture.) The bread-flour is a creamy white, feels rougher than the pastry-flour and will not cake when a handful is pressed together.

Test the flour for starch, by the application of a few drops of tincture of iodine. (Let the pupils recall the lesson on starch.) Put one-fourth a cup of wheat flour into a piece of doubled cheese cloth. Moisten it gently and wash the flour in the cloth, under cold water, until the water no longer has a cloudy appearance. Test the cloudy water with iodine. What is the result? Let the water stand. What settles to the bottom?

Examine the sticky substance which is left in the cheese-cloth. Work it until it is elastic and rubber-like. Test it with iodine and notice that, if it has been thoroughly washed, it will give no blue color. This sticky, glue-like material we call gluten, and this is what gives the flour its power to hold the gas-bubbles and to be made light by the action of yeast. The same experiment may be tried with other meals. Especially with corn-meal and rye. (Let the pupils notice the difference of consistency, as these are washed in the cloth.)

The liquid used in making bread may be milk, water or part of each of these, according to the convenience or taste of the maker. Milk makes the whitest, most tender bread; water bread keeps moist longer, and bread made with a mixture of the two liquids combines in

part the advantages of each. (Let the pupils tell the relative food-values of bread made with these three liquids.) The milk should be thoroughly scalded before being used, in order to insure its keeping sweet and to kill any dust-plants (germs) which it may contain. Scalding does not absolutely kill all of them, but it greatly diminishes their number and vitality. The water should also be boiled, for similar reasons. As we shall presently see, the liquid must be cooled again before being combined with the flour and the yeast, but it is convenient to add it to the butter and sugar, if these be used, and to the salt, while it is still hot. What advantage is there in this?

The third essential of bread we have called the lightening agent, and in yeast bread this is, of course, yeast. If a microscope be at hand, the pupils will certainly enjoy looking at a little of the yeast in a drop of water and seeing for themselves this tiny, one-celled dust-plant, which by its growth and action makes a mass of sticky dough into a light and porous loaf of bread.

Let the pupils recall the actions of the dust-plants that cause fermentation, as we studied them in our lesson on the preservation of fruit. Let them name the three necessities of growth, which the yeast-plant shares with other one-celled organisms and with large plants. How is the moisture supplied? What is the soil in which we plant our yeast garden? To understand the proper temperature we may try three experiments.

Experiment I. Put into a glass cup, one tablespoonful of molasses and one-eighth a yeast cake and pour over these one-half a cup of very hot water. Let it stand, closely covered.

Experiment II. Use the same ingredients, but add cold water instead of hot water. Let it stand in cold water or on ice.

Experiment III. Use the same ingredients, but add lukewarm water in place of cold or hot water. Let stand

as in the previous experiments, only keep it in a warm (not hot) place or let it stand in warm water. If you have a thermometer of suitable kind, show the class the temperature that is meant by lukewarm. Let them explain why this word is synonymous with blood-warm. These three cups must be covered while they stand in order that no "wild yeasts" may fall into them from the dust floating in the air. What does this indicate as to the need of covering bread while it is rising?

As these experiments stand, on which do you notice bubbles? Are there any more on the cup containing the lukewarm mixture? After a time, warm the cold cup and observe the result. Do any bubbles appear on the cup of hot water? What has happened to the yeast plants in that cup? Which is more fatal to large plants, great heat or severe cold? To yeast plants, which temperature is most conducive to good growth of the yeast?

The yeasts used in bread-making are of three general kinds, liquid yeast, compressed yeast and dry yeast. Liquid yeast was made by our great-grandmothers, from different recipes, always requiring some of the former yeast to start the new supply, as a farmer must save his seed corn. Many careful housekeepers like, even now, to make their own yeast better than use the commercial kinds. Dried yeast is used where good compressed cannot be obtained. Compressed yeast is yeast skimmed, with the froth, from the top of beer, mixed with a sufficient amount of starchy material to shape it and then pressed, cut, and wrapped for market. Too much starchy material lessens the power of the yeast to raise the bread.

The action of the yeast in the bread is not by multiplication of the original cells, but "in virtue of the energy and vitality of the cells introduced." These seize upon the sugar of the flour and upon that introduced in addition and, with certain preliminary changes, tear

it apart into carbon dioxide gas and alcohol, with certain other by-products in small quantities. The carbon dioxide gas is what chiefly interests us in a bread lesson. It is these bubbles which we saw in our experiments, and these again which we must carefully distribute when we cut and knead the bread. It is these bubbles that expand in the heat of the oven, stretching the elastic gluten of the flour, and transforming the dough into a light loaf. "If the dough were baked without the action of yeast," says Williams, "no ordinary human teeth could crush it."

The fermentation, which, at first, produces alcohol along with the gas, may, if carried on too long, give off lactic or acetic acid. Alcohol is driven off in the baking, so that the finished loaf contains none; but if the acid fermentation is allowed to set in, sour bread is the result. The addition of sugar to the dough helps the growth of the yeast and makes the acid fermentation less likely to take place. Too much butter and too much salt retard the action of the yeast, on the other hand.

It was always considered necessary, in our grandmothers' time, to "set" the bread over night and, indeed, many housekeepers prefer that method now, but experiments have shown that quick bread, made, raised and baked in five or six hours, with the addition of more yeast, is in many ways the better. In class work, it is often necessary to add large quantities of yeast, in order to hasten the process enough for the limited time of the lesson. With thorough baking this may be done with no damage to the finished loaf.

In our next lesson we shall carry out the knowledge we have gained from our experiments, in the preparation of bread, rolls and whole-wheat bread.

Often the teacher may give a demonstration lesson in setting bread, in connection with the experiments given in this lesson.

The Veranda Girls

By Virginia Church

Part III

Sue Breckenridge Invites the Veranda Girls to a Mid-Winter Picnic

JANUARY is quite the "poki-est" month in the calendar. The Christmas holidays are over and the weather is fierce. Most of the girls are perfect cats about the snow—I don't mean "catty," but afraid of getting their feet wet. At college we would go coasting down hill in dish pans or some such festive vehicle, but graduates do get grown up so quickly.

The Veranda Club hadn't had a spread for "ages." We had met once a week and read some Pater and Arnold and a few of our old friends that we hadn't managed to squeeze into our course at college. But since Doll's triumph the spirit hadn't moved anyone to entertain. Chrys frankly stated she meant to have her blow-out in the spring, when we could go out of doors. Sue intended to have a toboggan party with a hot luncheon, first, but everybody in the neighborhood kept giving them and she concluded that it wasn't original enough.

One day I inveigled her out for a tramp in the snow, and she came back to the house with a little enthusiasm. We were sitting in front of an open fire, toasting marshmallows, when the idea came to her.

"Do you suppose the Veranda Club would object if my luncheon were a supper?" Sue asked, suddenly.

"I think our appetites are quite as good in the evening," I answered.

"I'd like to give a picnic," she went on, "and invite a crowd. I owe lots of 'return invites' and I can't do both."

I looked out the window at the banks of snow. Was Sue quite daffy? "Picnic?" I queried, sarcastically.

"Yes, a mid-winter picnic. I've thought of an awful jolly scheme."

Then she shut up and wouldn't tell me anything except that we were all to wear shirt-waists and white duck skirts.

The other girls didn't kick about a switch to a supper. Everything was so slow about then, even a wake would have been exhilarating. There were one or two feeble protests when asking men was proposed, but everyone really wanted them, and the motion was carried.

The date was set for Saturday week, and I hardly had a glimpse of Sue until then. There were no written invitations; Sue telephoned everyone, telling the men to come in negligee, and for us to come in shirt-waist attire.

We went, and I wish you could have seen that house. I know Mrs. Breckenridge didn't get the hay seeds out for a month. Such a sudden transition from the storms of winter to mid-summer sunshine I never did see. The two front rooms—a large living-room and adjoining dining-room—were completely dismantled, the furniture being either removed or skillfully concealed. There were stacks of corn-shucks in the corners, there were wisps of hay about the floor, and in the centre of the dining-room was a full-sized haystack. In every nook and corner were flowers of tissue paper, buttercups and daisies. Ferns concealed book shelves and fireplaces. Grassy banks were fashioned of sofa pillows covered by throws of green denim. In one corner of the living room a canvas tent in front of which an iron pot swung over a bed of coals (in an iron brazier, concealed and banked up by earth) gave the appearance of a gypsy encampment.

From the top of the tall haystack in the second room were slender gray silk threads strung in all directions, in imitation of an enormous spider web. A few evil looking papier-mâché spiders dangled menacingly about the room.

On our entrance the men were pre-

sented with large straw hats which made them look—and feel—ridiculous. The girls went to Sue's room to lay aside their wraps and found the loveliest tissue paper hats you ever saw. They were big picture affairs, such as country girls wear on the stage, but never in real life, with wide brims and lots of flowers. Sue is a genius, she had made them every one, flowers and all. They were of different colors, so that you could have your pick. And there were bunches of flowers—roses, violets, buttercups, bluebells—to correspond with the flowers on the hats; these were given us to stick in our belts. We liked our becoming headgear as much as the men disliked theirs. We went down in a bunch to create an impression and made an entrance, singing "In the Good Old Summer Time."

The men applauded and kidded, until we were asked into the other room to break up the cobweb, which proved to be the old-fashioned children's game of following a string to its end and finding a prize.

The threads led us a merry chase "up stairs and down stairs and in my lady's chamber." The men were forced to go through all kinds of undignified antics in order to release their webs. At the ends, we found horns, rattles, whistles, and every conceivable toy for making a noise. We made Rome howl for half an hour until Mrs. Breckenridge begged mercy and called the men away in mysterious conspiracy.

They came back bearing in their arms great picnic hampers, telling us they'd share if we were good. We spread the table cloth on the floor and swung the coffee pot over the coals, although it was already steaming when brought in. The table was set with wooden plates, which Sue, who can draw very fetching Gibson girls, had decorated in pen and ink. We had tissue paper napkins, tin forks and spoons. Then the goodies were brought out of the baskets. There was a bowl of delicious chicken salad. There

were lettuce and mayonaise sandwiches, sandwiches made of olives and cucumber pickles, chopped and moistened with mayonaise and spread between slices of brown bread, and peanut sandwiches. There were dill pickles, olives, apples and oranges. There was a freezer of marshmallow ice cream, and, to finish, there were pop corn balls and candy.

The only recipes I could ask Mrs. Breckenridge for were the chicken salad and the ice cream, which I recognized as homemade. The salad recipe is simple, but good.

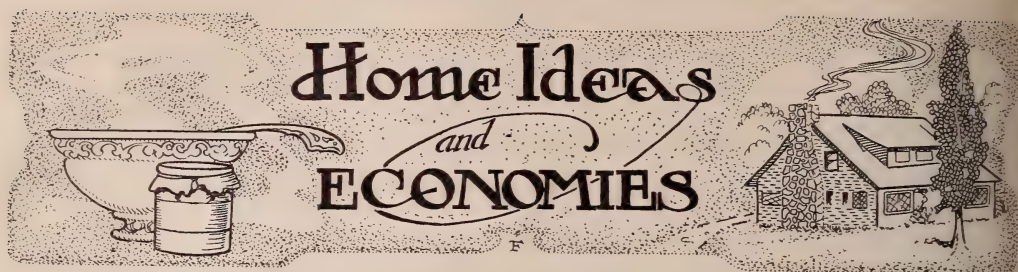
Chicken Salad

Cut the meat of a spring chicken into small pieces, and mix with salt, pepper and enough stock to moisten. To one cup of chicken meat, allow one-half a cup of crisp white celery, cut into half-inch lengths. Toss the whole together with mayonaise and serve on lettuce leaves, with a spoonful of mayonaise on top of each helping. The ice cream was made as follows:

Marshmallow Ice Cream

Use a pound of marshmallows. Dissolve half a pound of them in a pint of cream; to this add sugar to taste and half a cup of fruit juice, peach, cherry or strawberry being good. Take a quart of plain ice cream and add to the mixture and freeze. When half-frozen, add the other half-pound of marshmallows, chopped, and freeze the whole until hard.

The supper was a great success. After it a gypsy—it was really Rose Crosby—appeared in the tent and read palms. This game made a hit with the men, because the gypsy costume was particularly becoming to black-eyed Rose and her tent was besieged. We sang college songs, accompanied by guitars, and some of the talented crowd did stunts until it was past time to go home. No one wanted to go and all voted this informal party a great success.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

EVERY small convenience helps. Manicure emery boards are useful in other ways. For instance, to put a fine point on lead pencils. With several emery boards in one's desk and a supply of the new "Push-Point" pencils (the lead being pushed up, instead of the wood being cut down) one is never at a loss for a well pointed pencil.

Good coffee without egg or percolator. Tie coffee (ground medium fine) loosely in small square of cheesecloth, one tablespoonful for each person, and one "for the pot." Cover with cold water, one cup less than the number of spoonfuls of coffee. Bring slowly to the boiling point and let boil three or four minutes. Remove bag of coffee from the pot and dash in one tablespoonful of cold water, to settle any fine particles of coffee that may have gone through the cheesecloth. Stand coffee pot on back of stove for about a minute, and coffee is ready to serve. Coffee and water should always be measured. Coffee pot should be scalded and aired daily. Cheesecloth square may be washed out and aired and used several days. This is less trouble than washing an "eggy" coffee pot, and cheaper with the present high price of eggs.

To remove drops of candle grease from clothes. Put several layers of tissue paper under material and several layers (smooth) on top. Heat curling iron "sizzling" hot and rub over top layers of tissue paper. The candle wax is soon absorbed by the paper on both

sides of the material. This is less trouble than heating a flat-iron and getting out ironing board, etc.

A good way to cook *sliced ham*: Put in "savory roaster," with slice or two of bacon, and cook in brisk oven for half an hour or forty minutes. It comes out tender and delicious.

E. R. R.

* * *

Mother Goose Market

MOST successful and novel for a church or charity bazaar is a Mother Goose Market. Have the charming old lady herself meet the people at the door to give a tone of hospitality at the very beginning. Old Mother Hubbard, garbed as we have seen her in the favorite rhymes, is in charge of a huge cupboard which is not at all bare, the shelves being filled with canned goods of all sorts which are donated by different people. Orders can be taken for future goods to be delivered in season. These goods are always good sellers, especially the pickles and preserves. "Little Lucy Locket" has leather purses, card cases, bead bags, shopping bags, etc.

"Mistress Mary" is there in her pretty garden and, not being in a contrary mood, disposes of many flowers, potted plants, ferns, etc. She also takes orders for shrubbery, vines, plants and seeds to be filled by the florist, when desired. It is surprising how much can be made in this way.

The old woman who swept the cobwebs down from the sky does a won-

derful business, selling all kinds of brooms and brushes, dusters, dusting caps, mop mops, furniture polishes, etc.

"Curly Locks" is not sewing her usual "fine seams," but she has several sewing tables filled with useful and pretty articles that sell readily. She takes orders for hand embroidery and also sells stamped pieces with the material for working.

"The Old Woman Who Lived in a Shoe" does a thriving business with the children as she sells grabs through a patch in a big shoe.

"Tom, Tom, the Piper's Son" sells all kinds of horns for the children.

"Mary" is on hand with a good supply of wooly lambs, which make nice presents for the Xmas stockings.

"Doctor Foster" in charge of an umbrella booth sells a great number of these useful articles. He also has children's parasols.

"Jack and Jill" sell lemonade and soft drinks from huge tin pails. They also sell pails of all kinds and sizes, even the children's "sand pails."

"Polly Put the Kettle On" serves tea.

"Old King Cole" has a wonderful display of pipes and bowls and can please the most critical taste. H. H. H.

* * *

Ten-Cent Comforts

THE Summer Bride looked up from her shining new dish-pan, full of steaming suds and cut glass, and waved at the Little Wise Lady the spick-and-span dish-mops. "Sit right down and see whether I do 'em right!" she commanded blithely, motioning toward the wide-armed kitchen rocker. Then with a business-like air, she plunged the mop down into a glass tumbler already filled with hot soapy water, and a small geyser spurted up into her merry face.

"That's the way it always does!" she gasped, as she wiped it off with her linen pinafore. "Is it because I don't handle it with sufficient skill, or is it—

inevitable?"

"The latter, my child!" laughed the Little Wise Lady. "At least, so long as two bodies can't occupy the same space, you may expect to push the hot water out as the mop goes in. But there's a better way, and I learned it quite by accident. Since then I don't have any fountains in my dish-pan. The High Authorities who recommend one to use a small whisk for washing out pitchers and preserve jars, to say nothing of tumblers and slender flower-vases, have still something to learn. I brought home a ten-cent bottle brush, one time,—the kind with a long twisted wire handle, and a tuft of bristles on the end,—and I hung it beside my mop, for use in cleaning milk-bottles. Next morning it just occurred to me that it would go down into the tumblers without trouble, and—well, in the end, I found it so delightful to use that my mop is almost neglected! It goes into all sorts of places;—the nose of the coffee-pot, where it's usually so hard to get out all traces of grounds, is a shining example. Then, I began to hear of other uses and put them into practice. In a recent article I read of using a good stiff one when cleaning old-fashioned upholstered chairs and sofas, around the tufting and in the narrow spaces. I've seen a patent brush advertised for the purpose, but I don't believe it gives any better service, for the patent one has a stiff 'stem' to it, while the wire of the bottle brush can be bent at any angle, to get it into obscure corners. In another printed item I learned that it was fine for cleaning out the vent-tube of an ice chest. In fact, house-keepers everywhere seem to be discovering the bottle brush,—and inventing new uses for it. I need at least three of them for every-day routine, myself."

"But, at least," proclaimed the Summer Bride, "I *did* find out for myself about cutting the loops of the dish mop, so they wouldn't catch in the fork-prongs!"

L. E. D.

The Quiet Quarter

LOOKING into the newly emptied (so soon emptied, nowadays!) package of breakfast food, the contents of which make the main part of the day's first meal in so many families,—the observant housewife cannot but see that she is paying for twice as much pasteboard as she bought—in that connection—a few years ago. It is bad enough that our forests should be devastated to supply the daily papers and the cheaper grades of "reprinted books,"—but that the aforesaid wood pulp should be utilized to fool the unwary food purchaser gives some point to the jokes anent "shredded wood" and "near-food."

When the dailies and many of the weekly and monthly periodicals are noting the upward trend of the prices of necessities,—it is time to stop the little leaks,—especially when so doing will not affect, in any way, the quality of what goes on the table; and breakfast foods, bought in packages, form an undoubted "leak." In a modern, yet not an imposingly large grocery store, within two blocks of where this is being written, for a quarter can be bought five pounds of farina in bulk. If you do not care to purchase so largely, get a single pound for six cents, and see how far it differs from one of the well advertised foods for which fifteen cents is the regular price. My word for it, if it be cooked exactly as the other is, no member of your family will detect any difference,—for the simplest of all reasons, there is no difference! It is just pure white wheat, so ground as to cook well for as wholesome a breakfast as any child—or grown-up—could ask.

Ordinary rolled oats can be purchased in bulk,—according to whether or no that special store is having an "inducement sale,"—at from six to eight pounds for a quarter. Good "head rice" is one of their specialties, at three and a half pounds for a quarter; and it makes a variety for breakfast, well

worth trying,—and it can be done over night in a home-made fireless cooker, in which there is no danger of sticking or becoming soggy.

It may be well to mention here, by the way, that one of the best utensils for cooking breakfast foods, without the waste of sticking, is technically known as a "milk-boiler." It is merely a straight-sided, gray enamel saucepan with a double bottom. Water boils in it just about as quickly as in an ordinary one, and it is far less trouble to use than is a double boiler, which often bothers an inexperienced maid of all work, and makes her feel that too many dishes have to be washed for cooking one article.

One more hint. A quarter's worth of "navy" or "soup" beans will vary from four and five pounds to possibly more, in case of a "sale." But more tempting are the dried lima beans, which seem to gain, rather than lose, in flavor, by the drying process,—and have almost the appetizing quality of boiled chestnuts when properly cooked: i. e. soaked over night in plenty of cold water, then covered with fresh boiling water and simmered gently until tender. It will take from one to two hours. When nearly cooked add salt to season and, at serving, pepper and butter. These cost only nine cents a pound, or three pounds for a quarter, and half a pound will make a generous vegetable dish full, with perhaps a few left over for tomorrow's soup.

H. E. D.

* * *

THE best coffee in the world grows in Brazil and never leaves there. "Coffee," says a Brazilian proverb, "should be as black as night, as hot as Hades, as strong as the devil, and as sweet as love." To taste a really perfect cup of coffee one must visit Brazil. It is roasted fresh every week and the roasting is always done in a kettle used for no other purpose. A kettle which has ever contained grease of any sort is considered absolutely fatal to the perfect flavor of the coffee. It is roasted

very black, much blacker than one ever sees coffee in this country. The roasting is usually done over a charcoal fire out of doors. It is then pounded very fine in a stone mortar. Coffee mills are regarded with disfavor, because they do not grind the coffee as fine as it is possible to pound it in the mortar. A tablespoonful is allowed for each cup and the required amount is placed in a bag and hot water is poured over it. The best coffee makers say that the kettle of hot water should not actually boil, but that the water should be used at the crucial moment just before it actually begins to boil. The hot water extracts the delicious flavor leaving the harmful properties behind and coffee made in this way is much less harmful than that which is boiled.

The table is the ideal place for family interchange of thought, and the children who are old enough to come to the table should be encouraged to take part in the conversation. One good result of this is that it helps to keep the child from eating too fast. However, the children's chatter, in many homes, is most annoying when guests are present. In one home it was made the rule that the children might take part in the conversation when guests were present, provided the children could contribute something of interest concerning the subject under discussion. This taught the children to listen carefully to what was being said. This, in itself, is of untold advantage to the child, for, in a home where people with bright ideas concerning all the questions of the day, gather around the table, the general conversation is of great educational value to the child. The child cannot fail to become a good conversationalist with this early training.

B. A. E.

* * *

When Hens Won't Lay

AS cold weather approaches, and our biddies lose their ambition in the

way of providing us with a comfortable abundance of fresh eggs, it is always rather difficult to make things that are really *good*, and yet do not make too strenuous demands upon the egg-basket. I have tried to solve the problem by collecting a few recipes—calling for few or no eggs—all of which are excellent, and not at all suggestive of economy, when they reach the table. Genuine old-fashioned "Rhode Island Johnny Cakes" shall head the list.

Rhode Island Johnny Cakes

1 cup of white corn meal
1 teaspoonful of sugar
1½ teaspoonfuls of salt
1 tablespoonful of butter

Pour over all *boiling* water enough to scald, beating all the time until it is a rather stiff dough. Add a little cold milk until of a consistency to drop from the spoon. The milk makes them brown better. Drop with a spoon on a hot griddle. Cook slowly until a rich brown on both sides.

Apple Muffins

1 cup of milk
2½ cups of flour
1 tablespoonful of sugar
A pinch of salt
1 tablespoonful of melted butter and lard
2 teaspoonfuls of baking powder in the flour

Add one large apple, sliced thin, or chopped. Bake in gem pans. It may be used as a dessert, with any rice sauce.

Feather Muffins

1 cup of milk
1 tablespoonful of melted butter and lard
1 salt spoonful of salt
1 tablespoonful of sugar
2 teaspoonfuls of baking powder

Flour to make a batter about as stiff as ordinary cake. Add a little sifted squash if on hand. Bake in muffin tins.

Graham Popovers

1 cup of graham
1 cup of white flour
1 cup of milk
1 cup of water
1 teaspoonful of sugar
A pinch of salt

Beat the graham, white flour, and milk together; add water, sugar and salt, and beat very vigorously with Dover egg-beater. Pour into very *hot* gem pans, and bake in hot oven—delicious.

Graham, Rye, or Entire Wheat Muffins

- 1 cup of white flour
- 1 cup of graham, rye, or entire wheat
- 2 rounding teaspoonfuls of baking powder
- $\frac{1}{2}$ teaspoonful of salt
- 1 tablespoonful of molasses
- 1 tablespoonful of melted shortening

Add milk to make like rather stiff cake batter.

Steamed Christmas Pudding

- 1 cup of chopped suet
- 1 cup of milk
- 1 cup of molasses
- 1 teaspoonful of soda, dissolved in milk
- About 4 cups of pastry flour
- 1 level teaspoonful of salt
- Nutmeg, cinnamon and clove to taste
- 2 cups of fruit, raisins, currants and citron, mixed with a little of the flour

Steam in a pudding boiler four hours.

Mother's Cake

- 1 cup of butter
- 3 cups of sugar
- 1 pint of rich milk
- 1 egg
- 3 level teaspoonfuls of baking powder
- Flour enough to make an ordinary cake batter
- $\frac{1}{2}$ a teaspoonful of cinnamon
- $\frac{1}{4}$ a teaspoonful of clove, a little mace
- 1 pint of well-floured raisins

Bake in a moderate oven about an hour.

Apple Sauce Cake

- $\frac{1}{2}$ a cup of butter, or butter and lard mixed
- 1 cup of sugar
- 1 cup of sifted apple sauce
- 1 teaspoonful of soda
- $1\frac{3}{4}$ cups of flour, spice to taste

Add raisins or currants if wished. Bake in a loaf or small cakes.

Oatmeal Cookies

Very Delicious and Nice

- 1 cup of fine oatmeal
- 1 cup of flour
- $\frac{3}{4}$ a cup of sugar
- $\frac{1}{2}$ a cup of butter and lard mixed
- $\frac{1}{2}$ a cup of milk, with $\frac{1}{4}$ a teaspoonful of soda dissolved in it
- A little nutmeg and grated orange or lemon peel

Add a little nutmeg and grated orange or lemon peel. Flour enough to roll. Roll thin, and cut with a fancy cutter.

Hot Water Gingerbread

- 1 cup of molasses; dissolve in it 1 heaping teaspoonful of soda
- 1 cup of hot water
- 1 large mixing spoon of melted shortening, or butter, salt, cinnamon, clove, nutmeg and ginger

Flour to make a *soft* batter. Bake in small tins, in a moderate oven, about twenty minutes.

Gingersnaps

Boil together:

- 1 cup of molasses
- $\frac{1}{2}$ a cup of sugar
- $\frac{1}{2}$ a cup of melted shortening (butter, lard or any nice fat)

When they boil up, remove from fire, and when cool, add one tablespoonful of ginger, one teaspoonful of soda and flour to roll. Roll very thin, crease with cooky roller, or tines of silver fork; cut in fancy shapes, and bake in moderate oven.

Lemon Cookies

- 1 cup of sugar
- $\frac{1}{2}$ a cup of butter
- 1 egg
- $\frac{1}{2}$ a teaspoonful of salt
- 1 teaspoonful of ginger
- Grated rind of half a lemon

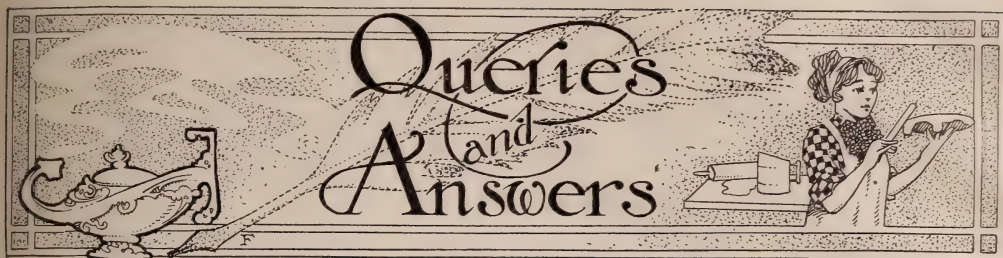
Beat all together. Boil one cup of molasses; stir into it one teaspoonful of soda until it foams. Pour over the other mixture, and stir well. Add juice of one-half a lemon, and flour to roll. Sprinkle thick with sugar, passing rolling pin over once. Cut in fancy shapes, and bake in moderate oven.

Drop Cookies

- Cream $\frac{1}{2}$ a cup of butter
- Add 1 cup of sugar
- $\frac{1}{2}$ a cup of molasses
- 1 well-beaten egg
- $\frac{3}{4}$ a cup of currants
- $\frac{1}{2}$ a cup of sweet milk with $\frac{1}{2}$ a teaspoonful of soda dissolved in it
- 3 cups of flour
- Cinnamon and clove

Drop from teaspoon on buttered tins. Sprinkle with sugar.

F. S.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, Editor. BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1782.—“Is the recipe for Chasseur Sauce, page 89 of the Aug.-Sept. (1911) copy of the Magazine, correct?”

Recipes for Chasseur Sauce

Chasseur sauce is not thickened with flour, usually what is known as “half-glaze” is employed in the place of the “rich brown stock” and “beef extract” suggested in the recipe. Half-glaze has considerable body as has, also, the tomato purée used with it. Sometimes the sauce is enriched with butter. In the recipe referred to the butter is not added properly, and on account of it the sauce would not look appetizing. The three tablespoonfuls of butter should be added in little bits, just before sending the sauce to the table; each portion of butter should be beaten in thoroughly before the next is added. Also, at the start, the mushrooms may be skimmed from the butter; to these add the onion and wine, then continue as in the recipe, save for the correction give above.

QUERY 1783.—“Recipe for Quick Nut Bread.”

Quick Nut Bread (White Flour)

Sift together, three times, four cups of pastry flour, one scant cup of sugar, one teaspoonful of salt and two heaping teaspoonfuls of baking powder. Add one cup of nut meats, chopped fine, and one cup and a half of milk and stir to a smooth dough. Turn into a bread pan.

Let stand twenty minutes. Bake about forty minutes.

Quick Nut Bread (Graham Flour)

Sift out and discard the bran from a quantity of graham flour. Then sift together, three times, three cups of graham flour, half a cup of white flour, one teaspoonful of salt and three rounding teaspoonfuls of baking powder; add one cup of sugar, one cup of nut meats, chopped fine, and two cups and a half of milk, and mix the whole to a dough. Bake about one hour.

QUERY 1784.—“Recipe for Pickled Pigs’ Feet.”

Pig’s Feet, Pickled

Scald and scrape the feet, cover with lukewarm water, bring quickly to the boiling point, skim carefully, then let the liquid simmer until the bones can be easily removed from the feet. Take out all the bones, then set the feet in a deep pan and sprinkle with salt. Remove all fat from the liquid; take a quart of the liquid, add a quart of vinegar, a teaspoonful of whole pepper corns, let boil ten minutes, and pour boiling hot over the feet. Cover the jar close. The feet may be eaten cold from the pickle, or wiped dry, dipped in flour or egg and crumbs and fried in deep fat; or dipped in melted butter and bread crumbs and

broiled. It will take about three hours to boil the feet tender.

QUERY 1785.—“Kindly give list of books suitable for reading and reference for pupils in a school of domestic science.”

Books on Domestic Science

Pleasures of the Table, Elwanger; The Feasts of Autolycus, The Diary of a Greedy Woman, Edited by Elizabeth Robins Pennell; Chemistry of Cookery, W. Mattieu Williams; Chemistry of Cooking and Cleaning, Richards and Elliott; Economics of Modern Cookery, M. M. Mallock; Practical Dietetics, Gilman Thompson; Practical, Sanitary, and Economic Cooking, Mary Hinman Abel; The Menu Book, Practical Gastronomy, Senn; A-B-C of Our Own Nutrition, Fletcher; Bacteria, Yeasts and Molds in the Home, H. W. Conn; Care and Feeding of Children, L. E. Holt, M. D.; Chemistry of Food and Nutrition, Sherman; Cookery, Its Art and Practice (formerly The Spirit of Cookery) Thudichum; Cost of Cleanliness, Cost of Food, Cost of Shelter, Cost of Living (4 vol) Richards; Diet in Relation to Age and Activity, Thompson; Home Economics, Maria Parloa; A System of Physiologic Therapeutics (a practical Exposition of the Methods, other than drug-giving, Useful in the Prevention of Disease and in the Treatment of the Sick) eleven volumes, edited by S. S. Cohen, M. D.; The Library of Home Economics, (twelve volumes), American School of Home Economics.

QUERY 1786.—“When making puff-paste the butter comes through the paste, what is the trouble?”

Regarding Puff-Paste

To make puff-paste successfully, the paste must be so handled that the butter does not “come through the paste.” The “magic cover” (a sheet of duck and stockinet cover for pin) gives a much better surface for operations than does a marble slab or any sort of board. The duck should be spread before an open

window, that the cool air passing over the paste may help keep the surface intact—(keep the butter beneath). Of course a great deal depends on one's skill in the use of a rolling pin. The motions are light—no great pressure called for. If the butter does come through, fold and set aside in a cool place for a few moments, then continue the rolling. Avoid, if possible, chilling on ice until the pastry is shaped and ready for the oven, then patties, or other unfilled articles, should be thoroughly chilled, as the expansion, in the oven, of the chilled air enclosed in the pastry occasions lightness. Paste chilled on ice softens very quickly when brought into a warm kitchen; it can not be handled as readily as paste that is kept from start to finish in an equable temperature of about 50 or 60°F.

QUERY 1787.—“Why did my cocoa syrup, prepared by the recipe given in the issue of the Magazine for March, 1911, not keep sweet for a month or more? I wished it for a hot drink to serve at a few moments' notice rather than to serve a large number of cups at any one time.”

Keeping Qualities of Cocoa Syrup

We can not state just how long cocoa syrup made by the recipe referred to, will keep sweet. It can not be kept indefinitely without rescalding. Possibly it might be kept three weeks if stored continuously in a refrigerator or other cool place. Of course, after the portion needed has been taken from the jar, the jar should be returned to its place at once. To be on the safe side, especially in warm weather, it might be well to scald the syrup in a double boiler, after two weeks, in hot weather, after one week.

QUERY 1788.—“How may powdered sugar be given a cone shape on individual plates, so that, surrounded by unhulled strawberries, it may be brought to the table in perfect shape, for a first course.”

Shaping Cones of Powdered Sugar

Sift the sugar, press it close into a

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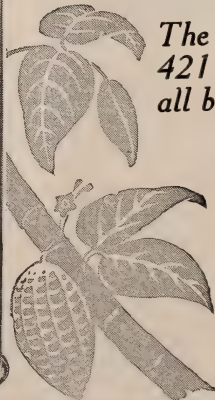
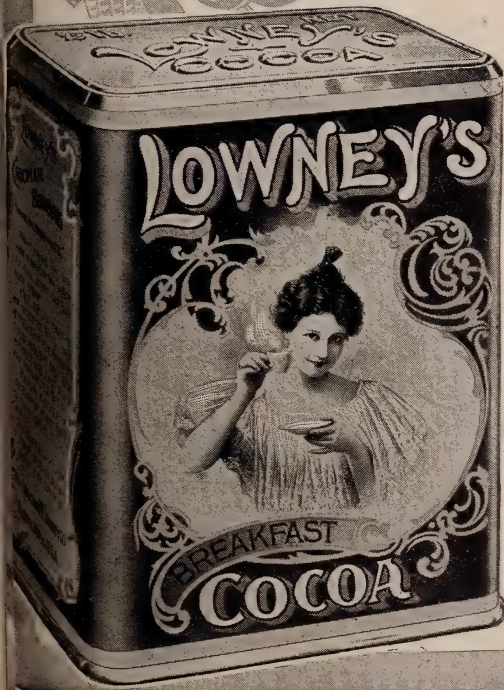
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cone-shaped utensil of the size desired. A pastry tube is about the right size for this purpose. Tap the lower edge of the tube on the plate, directly in the center, and lift up the tube. If the sugar has been pressed firmly into the tube, it will hold the shape of the tube until it is forcibly disturbed.

QUERY 1789.—"Recipe for Fig Preserves."

Fig Preserves

Take three-fourths a pound of sugar and half a cup of water to each pound of figs. Make a syrup of the sugar and water, skim, add the figs, carefully washed and dried, and let simmer until the skin of the figs is tender, then store as any preserves. For a less sweet dish use a cup of sugar and a cup of water to enough figs to fill a quart jar; make the syrup and let cook as before, but store as canned fruit in sterile jars, filled to overflow and sealed with rubbers and sterile covers. Lemon or orange rind and juice or sherry wine, all in quantity according to taste, may be added.

QUERY 1790.—"Recipes for Welsh Rabbit and Salad Dressing, without oil, for fruit and vegetables."

Welsh Rabbit (with Cream)

1 tablespoonful of butter	$\frac{1}{4}$ a teaspoonful of paprika
$\frac{1}{2}$ a pound of cheese, cut fine	Yolks of 2 eggs, beaten light
$\frac{1}{4}$ a teaspoonful of salt	$\frac{1}{2}$ a cup of cream

Melt the butter; add the cheese and seasonings and stir until the cheese is melted; add the yolks, diluted with the cream, and stir until perfectly smooth and slightly thickened. Do not allow the mixture to boil during the cooking. Use the hot-water pan if necessary. Serve on the untoasted side of bread, toasted upon but one side.

Welsh Rabbit (with Tomato Purée)

Same as the above, substituting tomato purée for the cream.

Welsh Rabbit (with Ale)

Same as above, using ale in place of the cream.

Salad Dressing without Oil

2 egg-yolks	2 tablespoonfuls of
$\frac{1}{2}$ a teaspoonful of salt	lemon juice or vinegar
$\frac{1}{2}$ a teaspoonful of sugar	1 white of egg, beaten dry
$\frac{1}{4}$ a teaspoonful of mustard	2 tablespoonfuls of butter
$\frac{1}{4}$ a teaspoonful of paprika	$\frac{1}{2}$ a cup of double cream

Beat the yolks very light; add the seasonings and acid and stir, while cooking over hot water, until the mixture thickens; turn the white into the mixture and return the dish to the hot water, while the two are folded together; continue the cooking until the whole is very hot, then beat in the butter, a little at a time, and set aside to chill. When ready to serve fold in the cream, well beaten but not too dry. Remove the dressing from the fire before adding the butter.

QUERY 1791.—"Recipe for Butter Cream Filling for Cake; also recipes for Orange Filling for Cake and Cream Dressing for a Fruit Salad. Also give the proportions of pineapple and orange to be used in a salad."

Butter Cream Filling

1 cup of butter	or
$2\frac{1}{2}$ cups of confectioners' sugar	2 squares of chocolate, melted, and
1 to 2 tablespoonfuls of coffee extract	1 teaspoonful of vanilla extract

Beat the butter to a cream; gradually beat in the sugar then the flavoring. One or two tablespoonfuls of caramel syrup may, always, be added.

Orange Filling for Cake

1 orange	2 tablespoonfuls of
1 cup of sugar	butter
	1 egg or 2 yolks, beaten light

To the grated rind and juice of the

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orange, add the sugar, butter and egg; cook over hot water, stirring constantly until the mixture thickens; let cool, then use.

Cream Salad Dressing

1 cup of cream	2 or 3 tablespoonfuls
$\frac{1}{4}$ a teaspoonful of salt	of lemon juice

Add the salt and lemon juice to the cream and beat until firm.

Proportions of Pineapple and Orange in Salad

The proportions of pineapple and orange in a salad are entirely a matter of convenience or individual taste.

QUERY 1792.—“Can boiled fruit puddings be cooked equally well in molds or bags.”

Cooking Boiled Puddings

We have had no experience in boiling puddings in a bag, but are inclined to think that a pudding steamed in a mold is much lighter and better than that boiled in a bag.

QUERY 1793.—“Recipes for Peach Jam with Pineapple and Lemon, Old-Fashioned Deep Peach Pie (whole peaches), Cannelon of Veal with Macaroni (published in this Magazine) and Pound Cake Waffles, eaten as cake.”

Peach Jam with Pineapple, Etc.

Allow three-fourths a pound of sugar to each pound of fruit. Peel the peaches and cut the pulp in small pieces; remove peel and “eyes” from the pineapples, then pick in fine pieces or grate coarse. The proportions of fruit are largely a matter of taste, but there should be at least as much peach as pineapple. The lemon is used to accentuate the flavor of the other fruits; thus the juice of a lemon to each pound of fruit would be sufficient. If the additional flavor of lemon be desired, add the grated yellow rind of the lemons—none of the white portion. Put the fruit and sugar into the saucepan in alternate layers. Heat

gradually to the boiling point, then let simmer four or five hours, or, until smooth and thick. Do not cook too long, as the juice will thicken more on cooling. Store as jelly.

Deep Peach Pie

Line a deep pie-plate or a rather shallow pudding dish with rich paste, and lay in, side by side, as many whole peeled peaches as the dish will hold; pour a cup, or a cup and a half, of sugar over the peaches, sprinkle with half a teaspoonful of salt, and add a tablespoonful of butter, in little bits, here and there. Brush the edge of the paste with cold water and set a round of paste, slit in the usual manner, over the peaches. Press the two edges together, and brush with cold water. Bake about thirty minutes with strong heat below. In fitting the lower paste to the plate, let it come one-fourth an inch beyond the edge of the plate and press the edge of the upper round of paste upon this. Do not press these edges down upon the plate, but let them extend beyond it. In baking the pastry will shrink a little and when baked will come very nearly to the edge of the plate.

Cannelon of Veal with Macaroni

Chop fine two pounds of veal, three or four slices of fat bacon, two slices of onion, two chilli peppers and four branches of parsley. Remove the crust from three slices of stale bread; soften the bread in cold water, then press out all of the water by wringing the bread in a cloth. Add the bread to the chopped mixture with one egg, beaten light, a teaspoonful of salt and three tablespoonfuls of melted butter. Mix thoroughly and shape into a long roll. Put a slice of bacon or salt pork in a baking pan and set the meat upon it with a slice of bacon above. Let cook about two hours, basting frequently with the fat in the pan. When done remove the meat and bits of pork and pour off the fat, to leave three tablespoonfuls in the pan; add three tablespoonfuls of flour and stir and

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cook until frothy; add one cup and a half of tomato purée, one-fourth a teaspoonful, each, of salt and paprika, and stir until boiling; add half a cup of grated cheese and a cup of macaroni that has been cooked tender in salted water. Let stand to become very hot, then serve with the meat. This will be found an excellent dish for luncheon service at tea rooms. Serve in individual casseroles. Spread macaroni in the bottom of the hot casserole, lay in two slices of the cannelloni and partly cover with macaroni. Put on the hot cover and let stand in the warming oven till ready to serve.

QUERY 1794.—"Recipes for 'Graham Gems, Soft Ginger Cookies, Yellow Caramel Cake with Chocolate Caramel Frosting.'"

Graham Gems

1 cup of graham flour	$\frac{1}{4}$ a cup of sugar
1 cup of pastry flour	1 egg, beaten light
2 rounding teaspoonfuls of baking powder	3 or 4 tablespoonfuls of melted butter
$\frac{1}{2}$ a teaspoonful of salt	$\frac{1}{4}$ to 1 whole cup of milk

Sift together all the dry ingredients. To the egg add the milk and stir into the dry ingredients. Beat in the butter. Have an iron muffin-pan hot on the top of the range; put in the mixture and let bake about twenty-five minutes.

Soft Ginger Cookies

$\frac{3}{4}$ a cup of butter	1 teaspoonful of cinnamon
$\frac{3}{4}$ a cup of boiling water	$\frac{1}{2}$ a teaspoonful of salt
1 pint of molasses	Flour for drop batter
1 tablespoonful of soda	
1 tablespoonful of ginger	

Melt the butter in the boiling water; add the molasses and the other ingredients, sifted together. Drop from a spoon on to a buttered baking pan, having the cakes some distance apart. Bake in a moderate oven.

Yellow Caramel Cake

$\frac{1}{2}$ a cup of butter	1 cup of cold water
1 cup of sugar	3 teaspoonfuls of caramel syrup
3 yolks of egg	2 whites of eggs
2 cups of sifted flour	
2 level teaspoonfuls of baking powder	

Mix the ingredients in the usual manner. Bake in one sheet.

Chocolate Caramel Frosting

$\frac{3}{4}$ a cup of sugar	1 $\frac{1}{2}$ ounces of chocolate
$\frac{1}{2}$ a cup of water	1 white of egg
4 tablespoonfuls of caramel syrup	1 teaspoonful of vanilla

Melt the chocolate over boiling water; add the caramel syrup and the water and stir until smooth and boiling; add the sugar, stir until melted then let boil till quite thick, then pour in a fine stream on the white of the egg, beaten dry, beating constantly meanwhile. Add the vanilla and beat occasionally until cold.

Pompadour Cup

Put a tablespoonful of tutti-frutti preserves into the bottom of glass cups; above, dispose, side by side, a portion of raspberry sherbet and a portion of pistachio ice cream. Pipe whipped cream above.



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Equipment for Teaching Domestic Science. By HELEN KINNE. Cloth, 80 cents, net. Boston: Whitcomb & Barrows.

The purpose of this book is to discuss the problems that are met in planning a domestic science equipment, to suggest practical solutions that have been worked out through experience, and to give a description of what is done in some of the schools and colleges of this country. Work in domestic science is developing now with great rapidity, and courses would be installed in many small towns, if school superintendents could know that an equipment may be serviceable and still comparatively inexpensive. This book will answer the questions of many an inquirer; it will meet a wide-spread want. The titles of the several chapters indicate the scope and kind of information given in this

manual: Introduction, The Rooms, The Cooking Laboratory, The Dining Room, Laundry, Equipment for Home Nursing, The Purchase and Care of Equipment, Total Cost of Equipment, Cost of Maintenance, Portable Equipment for Lectures, and Illustrations of Equipment. The demand for a book of this kind has been urgent. We are glad to be able to point to a source of information and suggestion so complete and satisfactory.

The Corona Cook Book. By RUTH ALDEN. Cloth. Complete. Price, \$1.25. Chicago: The Abby Company.

The Corona Cook Book is arranged for the collection and preservation of chosen and tested recipes. It presents in its original form a nucleus of choice cooking formulæ around which each housekeeper may gather a personal collection.

Twenty blank cards are supplied with each book; blank index slips and cases may be obtained from the publishers. Thus, one who wishes a fuller collection than one book will contain may purchase additional cases and reclassify or add other subdivisions of the subject at will. New recipes may be written or typewritten upon the cards, and those clipped from newspapers may be attached with paste. A large collection may employ a case for each subject. This case in book form provides a very neat and convenient device for keeping choice recipes at hand for immediate use.

Housekeeping Notes. By MABEL HYDE KITTRIDGE. Cloth, 80 cents, net. Paper, 60 cents, net. Boston: Whitcomb & Barrows.

This series of lessons was prepared for use in the Association of Practical Housekeeping Centers of New York.

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Little
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Everywhere**

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Velvet Grip
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It holds the stocking firmly and neatly
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easily managed by small fingers. Wears
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NO matter if you do have to hustle the coffee making at breakfast time. A Manning-Bowman Percolator makes coffee as quickly starting with cold water as other percolators, starting with hot. And you'll have coffee that's delicious, clear and healthful—never bitter or muddy—always the same. Manning-Bowman Coffee Pot or Urn Style Percolators are made in solid copper, aluminum, nickel or silver plate. Over a hundred styles and sizes. Style illustrated is No. 9093. At leading dealers'. Write for Free Recipe Book and catalogue No. "M-19."

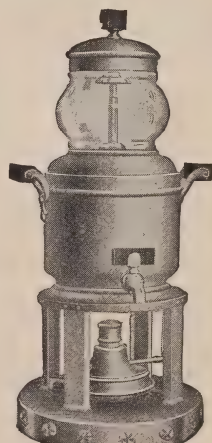
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A servant that serves whether you are away or at home—that's the **HYGIENIC FIRELESS COOKER AND BAKER**.

When you go away in the morning, place your dinner in the cooker—on your return you will find the most savory meal cooked in the most satisfactory manner.

Magic! Not a bit of it. Simply the application of the principle of utilizing stored heat energy. The **HYGIENIC** is built to retain the heat placed in it, just as was the brick oven of our grandmothers. You simply heat the plates and place them in the cooker with the food—then forget all about your cooking until meal time. It does not scorch or burn.

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The object of the Housekeeping Center or Model Flat is to instruct the people of the tenements in the art of healthful housekeeping by means of illustration and daily lessons.

The Housekeeping Centers, where the lessons are given, are tenement flats, just such dwellings as the people occupy who take advantage of the instruction. The furnishing and management of the Model Flat are in themselves a practical lesson in economy, and an illustration of the sanitation and beauty which lie within reach of the laborer's income.

Lessons in cleaning, hygiene, and cooking are given by trained teachers; also instruction in all matters connected with the rearing of children, personal health, and the most economical use of limited means.

The lessons are plain and simple, and show just how the work is to be carried out in detail.

A Thesaurus Dictionary of the English Language. By FRANCIS A. MARCH, LL.D. Price \$13.50. Philadelphia: Historical Publishing Company.

For many years we have used Roget's Thesaurus, Soule's Synonyms and other helpful manuals in the study of English composition. In conception, scope and plan this work of Prof. March is far and away above all other works of the kind in the English language. In a single volume it is both an unabridged dictionary, and a capacious treasure house, wherein the needful word to express exactly your idea on every subject of thought may be found. Side by side with Webster's International Dictionary the volume occupies nearly the same amount of space, and it is a worthy companion of that estimable work.

To the student of letters, speaker and writer, for daily use or occasional reference in the pursuit of English pure and undefiled, these two volumes, each a work of monumental proportions in every sense, leave little to be desired.



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Not to be compared with the many low grade cocoas on the market.

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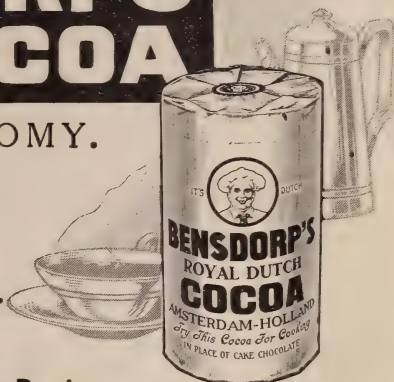
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Its **Solubility** and **Strength**
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THE goods offered here are not so called premium goods, but are of standard make and are the identical pieces found in the best jewelry and house furnishing stores. ¶ We offer these only to present subscribers for securing and sending us new yearly subscriptions at \$1.00 each.



Sixteen inch plank and nickel plated holder. For meat or fish, but not for both with the same plank.

The food is cooked on the plank, and the plank placed in the holder just before serving.

This is one of the handsomest and most useful table pieces ever devised.

Would make a suitable wedding or christmas present, and there is no woman in the land who would not be proud to possess this.

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IN PLACE OF COFFEE.

Made from Bananas for those who
will not, should not, cannot drink
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Cheaper, healthier than coffee and
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WE MAKE

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by a new dehydrated system that contains 83½ %
Carbohydrate element that produces energy.

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Short Cuts in Housework

Concluded from Page 277

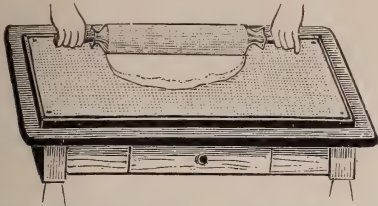
movements necessary in keeping the living-room clean and dusted.

There are labor-saving devices, too, for the purpose of making shortcuts, but there are some that do not deserve the name. To illustrate, one make of bread-mixers is so complicated in structure that no time or labor is saved in its use. In buying all labor-saving devices this is an important consideration.

Why is it that so many housekeepers fail to take the shortcut of buying staple articles, and even fruits and vegetables, when possible, wholesale instead of retail? Scores of housekeepers are obliged to run to the storeroom or pantry daily, to give the order for staple foods which might be bought in quantities sufficient for six months or more. The time saved by wholesale buying would amount to hours that are usually spent in ordering retail.

A fourth good business principle is especially applicable to the management of a home,—quick attention and disposition of details. The business of house-keeping is virtually made up of details, and it requires a broad enough view to see these in their proper proportions and relationships, if they are to be dealt with easily. The housekeeper is often swallowed up by the infinite number of small duties demanding her time, when, with these systematically arranged, one might be unconscious of the multitude of them.

To return to the main point; to lay down or enumerate a list of definite shortcuts for all housekeepers would be impossible. This is clearly evident, for the problems of each household are individual and special. But the basis of all shortcuts is the same—system. The consequences of a lack of system are loss of time, strength and money. Without scientific management it will be difficult to apply the four business principles, (1) a true sense of values, (2) an adaptation of means to the end with the least effort,



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Freight
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Size:
43 3-4 in. long
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Your furs, blankets, linens, laces, silks and woollens, come from the fragrant depths of a Piedmont Southern Red Cedar Chest, fresh with the aromatic perfume of Nature's great preserver and as PERFECT AS THE DAY THEY WERE LAID AWAY. Absolute protection from moths, mice, dust and dampness. A VERY DECORATIVE piece of furniture and makes the most acceptable of all Christmas gifts. Shipped DIRECT from our factory, at factory prices, freight prepaid, 15 days' free trial. Send for our interesting booklet, "The Story of Red Cedar" and our big illustrated catalog showing all our Chests, Upholstered Wardrobe Couches and Chiffonobes. WIDE PRICE RANGE. **PIEDMONT RED CEDAR CHEST CO., Dept. 70, Statesville, N. C.**

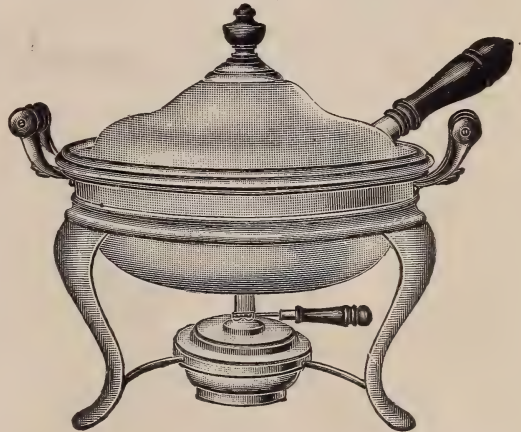
PREMIUMS FOR SEVEN SUBSCRIPTIONS

Our Offer! To any present subscriber who sends us seven (7) new yearly subscriptions at \$1.00 each, we will send either the CHAFER or the CASSEROLE (both for 14 subscriptions) described below as a premium for securing and sending us the subscriptions. Express charges to be paid by the receiver.

Every One Who Has Received One of these Chafing Dishes Has Been Delighted With It

and surprised how easily the necessary subscriptions were secured. Have you obtained one yet? If not, start today to get the subscriptions, and within three or four days you will be enjoying the dish.

The Chafer is a full-size, three pint, nickel dish, with all the latest improvements, including handles on the hot water pan. It is the dish that sells for \$5.00.



Long slow cooking, at a gentle heat, best conserves the nutritive elements of food and the flavors that render it most agreeable. The earthen Casserole makes this method possible. Then, too, the Casserole is the serving as well as the cooking dish. The house-keeper who is desirous of setting a pleasing table without an undue expenditure of time or money will find a Casserole almost indispensable.

The Casseroles We Offer

are made by one of the leading manufacturers of the country for their regular trade. The dish is a three-pint one, round, eight inches in diameter, fitted with two covers, (an earthenware cover for the oven and a nickel plated one for the table) and a nickel plated frame. It is such an outfit as retails for five or six dollars.



Address

The Boston Cooking School Magazine, Boston, Mass.

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"PANSY"

For Cake and Pastry

NOWHERE EXCELLED

Also Invaluable Cereal Specialties for Invalids. Ask for them At Leading Grocers, etc.

Takes all the Cream off the top of the bottle without using a spoon

The Chapin Modified Cream Dipper will take all of the cream from the top of the bottle without taking any of the milk or spilling any of the cream. Thus you get pure cream for your coffee or cereal. The

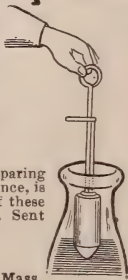
NEW CHAPIN Modified Cream Dipper

is strongly recommended by physicians for use in preparing modified milk for babies. It measures exactly one ounce, is all metal and easy to clean. Every home needs one of these dippers—particularly the home where there is a baby. Sent anywhere postpaid, on receipt of price, 25 cents each.

High Class Agents Wanted.

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(3) wise judgment in buying, and (4) attention to and disposition of details.

Efficient housekeeping, which obviously includes all shortcuts, is gained through a scientific study of it as a business, through practice in this business with careful thought, through courage and readiness to try new ways and means.

The woman who has mental alertness enough to undertake this housekeeping business, who has some scientific and practical knowledge of the duties involved, who has a cheerfulness and optimism in facing the problem, who has self-control to plan and think coolly and calmly under pressure, who has sympathy to appreciate the difficulties, who has forethought to get the proper perspective, and a broad survey of the details, and who has the power of adaptability to meet situations as they come, can accomplish a work no less important than the largest and most successful of business firms.

Sweets for the World

A trunk in the office of a candy manufacturer, a sample trunk, evidently, belongs, you fancy, to a man about to start for Buffalo or Chicago, for the concern sends men the country over from coast to coast. But if you have a curiosity really to know about it, you learn that this trunk belongs to the man that covers South America and who is about to start on his regular trip, showing candy samples and seeing customers in the cities of Brazil, the Argentine, Chile and Ecuador.

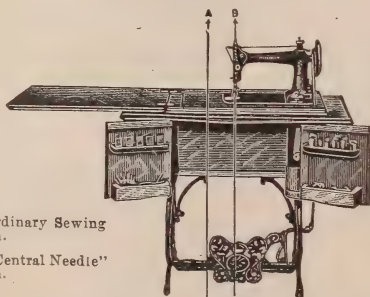
Then we do export some candies? We certainly do. American candies are exported in larger or smaller quantities pretty much all over the world and our candy exports are steadily increasing. We send some to Europe; you will now find American candies on sale in London, Paris and Berlin.

Lots of American candies are sold in South Africa and they are sold in considerable quantities in India. You can

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John Wanamaker, New York
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The May Co., Cleveland
Dey Bros. & Co., Syracuse
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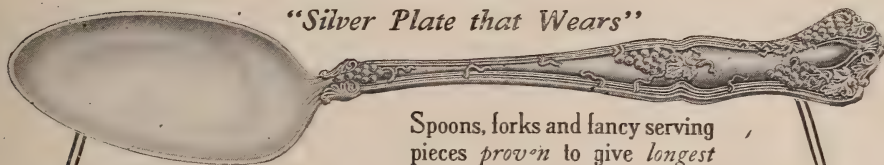
Enliven the crisp evenings with
WELCH'S—The National Drink.
When you entertain
serve **WELCH'S.** Your
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supply it by the bottle
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Welch's Grape Juice
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Recipe Book Free—Address Welch, Westfield, N. Y.



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Spoons, forks and fancy serving
pieces *proven* to give longest
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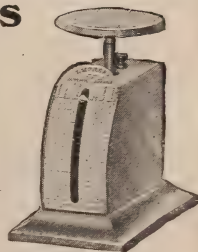
Think how often you want to weigh something delivered by the butcher or
grocer. The new *Pelouze Slanting Dial Family Scale* is invaluable in
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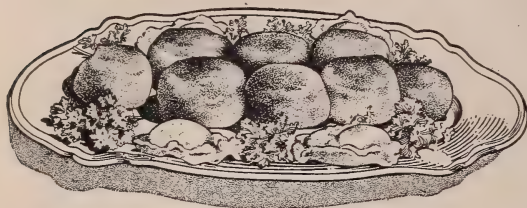


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We sell **ONLY** to the **CONSUMER DIRECT**, never through dealers. We have done a mail-order fish business since 1885, sending goods right to our customers' homes. **WE PREPAY EXPRESS** east of Kansas, and always guarantee complete satisfaction or money refunded. We want to deal with **YOU** on the same terms, no matter how small your orders.

SALT CODFISH as we prepare it is an appetizing, delicious fish. Just try Salt Cod and Creamed Potatoes. You will like it. *

Our **SALT MACKEREL** are fat, tender, juicy fish. They are fine and you will enjoy them for breakfast this winter.

Our **CANNED FISH** being steam cooked is absolutely fresh and natural and includes the best of everything packed here or abroad.

FRESH LOBSTERS in parchment-lined cans, go through no process except boiling. Packed solid in whole pieces as soon as taken from the water, they retain the same crispness and natural flavor as when taken from the shell.

CRABMEAT, SHRIMPS, CLAMS, SALMON, TUNNY, SARDINES, and dozens of other dainty and substantial products can always be in your storeroom for use at a moment's notice in the preparation of scores of appetizing, healthful dishes, that perhaps you are now unable to have because you cannot get **FRESH OCEAN PRODUCTS** at your fish market. **We invite your patronage.**

*Let Gloucester be your Fish Market
and Davis your Fishman.*

SEND THIS COUPON, and you can be enjoying these dishes on your table within a week.

FRANK E. DAVIS FISH CO.

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Please send me your latest **OCEAN FISH PRICE LIST**.

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Home-Study Courses

Food, health, housekeeping, clothing, children. For home-makers, teachers and for well-paid positions.

The Profession of Home-Making," 100-page handbook
FREE Bulletin: "Free Hand, Cooking on Scientific
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American School of Home Economics, 503 W. 69th St., Chicago, Ill.

buy them, for instance, in Calcutta, and they are sold in Australia. They are sold in many places around the world, and then coming around this way again they are sold in Mexico and all the Central American countries and all through the West Indies and throughout South America. One New York candy concern has doubled its South American business within a year. Our chief competitors in this round-the-world export trade in candies are English manufacturers, but in this competition we more than hold our own.

The candies exported are principally hard candies, caramels and gum work. These candies, made in great variety, are put up in attractive hermetically sealed containers of glass or of tin, in which they are guaranteed to keep in any climate. Equal success has not thus far attended the export of chocolates, but it is now confidently believed that this problem has been solved and that chocolate also may be so made and packed in such containers as to insure their keeping and safety.

What Men Really Like

Men like the simple things usually, not Charlotte russe and fudge, adored of women and school girls. They like the prime essentials, well cooked and served without too much "fuss" and delay.

A man used to the best of everything during a long life, and a young Southerner used to go quite regularly to the best hotel in Cincinnati for liver and bacon, because they said it took a good chef to cook them separately and combine them properly as if cooked together. At least that is the way they said it after some one wise in cookery had explained the reason why this dish is usually so unsatisfactory except in

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The White House Brand of Tea and Coffee represents the very best products of the Tea and Coffee World. Packed in the all-tin package, the valuable and pleasing properties of both these splendid food products are preserved and protected to a remarkable degree. In buying Tea and Coffee in the tin package under the White House Brand, you are assured of the best quality always.

SOLD BY 24,000 DEALERS IN EVERY STATE AND TERRITORY, CANADIAN PROVINCES, MEXICO AND BERMUDA.

The White House Brand Tea and Coffee has the "tang" of the Orient. Don't miss it.

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Deformities of the Back



can be greatly benefited or entirely cured by means of the Sheldon Method.

The 16,000 cases we have treated in our experience of over fourteen years are absolute proof of this statement.

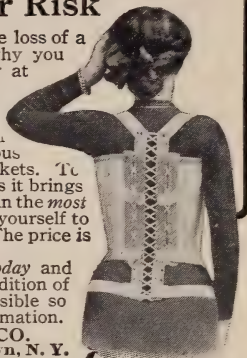
So no matter how serious your deformity, no matter what treatments you have tried, think of the thousands of sufferers *this* method has made happy. And, more—we will prove the value of the Sheldon Method in *your* own case by allowing you to

Use the Sheldon Appliance 30 Days at Our Risk

Since you need not risk the loss of a cent, there is no reason why you should not accept our offer at once. The photographs here show how light, cool, elastic and easily adjustable the Sheldon Appliance is—how different from the old torturous plaster, leather or steel jackets. To weakened or deformed spines it brings almost *immediate* relief even in the *most serious* cases. You owe it to yourself to investigate it thoroughly. The price is within reach of all.

Send for our Free Book today and describe the nature and condition of your trouble as fully as possible so we can give you definite information.

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I Will Tell Any Woman Absolutely Free of Charge How to Do It Positively and Safely.

Many women believe that the bust cannot be developed or brought back to its former vigorous condition. Thousands of women have vainly used massage, electricity, pump, instruments, ointments, general tonics, constitutional treatments, exercises and other methods without results.

Any Woman May Now Develop Her Bust

I will explain to any woman the plain truth in regard to bust development, the reason for failure and the way to success. **The Mdme. Du Barrie Positive French Method** is different from anything else ever brought before American women. By this method, any lady—young, middle aged or elderly—may develop her bust from **2 to 8 inches in 30 days**, and see definite results in 3 to 5 days, no matter what the cause of lack of development. It is based on scientific facts absolutely.

This method has been used in Europe with astounding success, and has been accepted as the most positive method known. To any woman who will send a 2c stamp to pay postage, I will send a complete illustrated booklet of information, sealed in a plain envelope. Address

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Makes the Finest Griddle Cakes

All well made griddle cakes are good, but Kornlet griddle cakes are best. The reason lies in what Kornlet is. Kornlet is what you taste when your teeth crush tender green corn kernels fresh from the cob. Kornlet is the inside pulp—"the heart of the kernel"—the part that gives flavor and goodness.

No hull, bits of cob or threads of "silk" in Kornlet—only the good part. Nothing in digestible or coarse to the taste—but all the nourishing food properties.

Five ears of corn make a full can of "Canned Corn," but it takes nine good big ears to fill a can of Kornlet. Isn't that evidence of its richness?

For your grocer's name will send you a book of prize recipes for Kornlet soup, fritters, and many other delicious dishes

THE
HASEROT
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CLEVELAND
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homes and the best restaurants.

Again, a bon vivant told the writer of a midnight supper at a men's club of about two hundred, which meets occasionally for a social and literary evening. The first part of the supper consisted of large platters filled with fine hot mashed potato, creamy and delicious, with hot broiled bacon around and over it; with this coffee and rolls were served. A guest from New York, accustomed to the best that his native town and Europe can offer, remarked that although a trifle odd, and surely very simple, it was, however, astonishingly good at midnight.—
J. D. C.

The Pure-Food Movement

FROM the Atlantic to the Pacific, as the eloquent might express it, there is an unmistakable and energetic movement to bring about a condition where the food that Americans eat shall give more nourishment, and where said Americans shall be not only free from poison, but free from paying for what they do not receive. One step that has just come to our attention is the organizing of a Domestic Science and Pure Food Exposition to be given in Worcester, Massachusetts, from the 21st to the 30th of next March. The exposition is by the Retail Grocers and Provision Dealers' Association, but it is indorsed by the Worcester Woman's Club, which is to have a hand in conducting it. Of course, most food is bought by women, so this whole question of purity rests ultimately with them. The Worcester exhibition is to be extremely strict, and the Woman's Club is to reject certain exhibits that were seen at Madison Square Garden. The list used is to be compiled with the assistance of the National Consumers' League, to include only the manufac-

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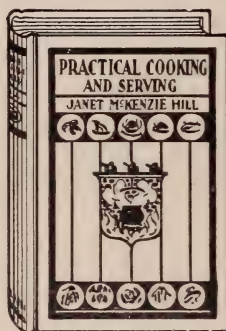
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Oven Scones

2 cakes of Fleischmann's Yeast	$\frac{1}{2}$ a cup of lard or butter
2 cups of milk, scalded and cooled	1 cup of raisins
1 tablespoonful of sugar	$\frac{1}{2}$ a cup of citron
1 cup of sugar	1 egg
1 teaspoonful of salt	6 $\frac{1}{2}$ cups of sifted flour

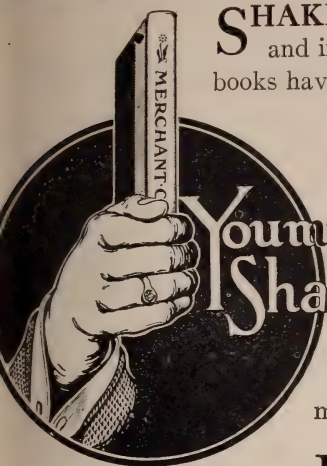
Dissolve yeast and one tablespoonful of sugar in lukewarm milk, add three cups of flour and beat well. Cover and let rise in warm place, free from draft, until light—about one hour. Then add butter and sugar creamed, the egg well-beaten, fruit well-floured, balance of flour, to make a soft dough, and the salt. Turn on board, knead lightly. Form into twelve round cakes. Cover and allow them to rise fifteen minutes. Then roll one-fourth inch thick, cut across each way nearly through, making an impression of four cakes. Place in well-greased pans. Let rise about one hour, or until double in size. Then brush with egg diluted with water. Bake fifteen minutes in moderate oven.



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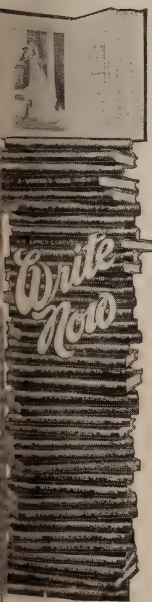
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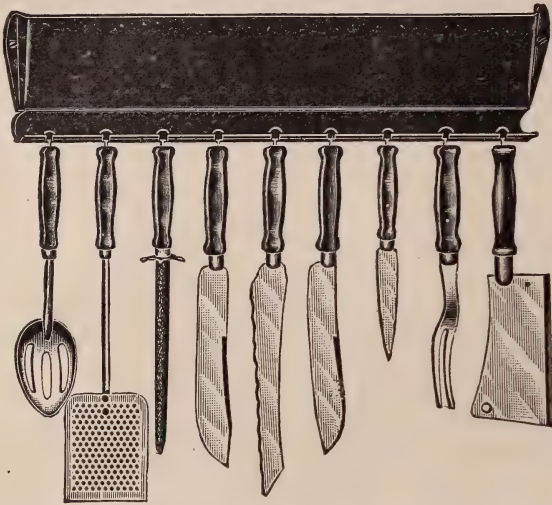
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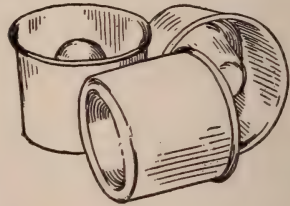
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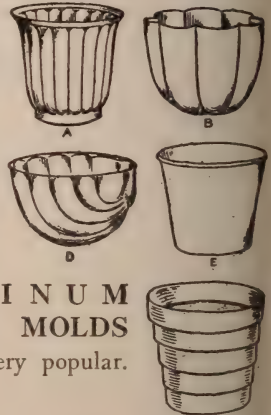
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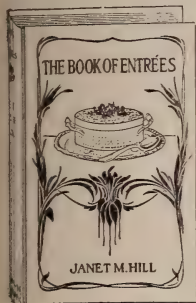
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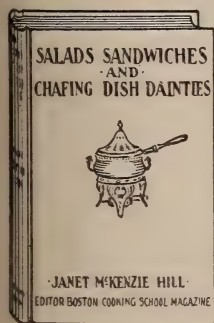
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Tommy: "What's it for?"

Aunt Mary: "To wash children with."

Tommy: "Won't it wash grown people, too?"

Aunt Mary: "Of course it will. Don't you see I've just used it myself?"

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Aunt Mary: "Partly. I keep myself clean with Ivory Soap. Nature and pleasant thoughts do the rest."

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Angel Cakelets, Meringues, Macaroons

Coffee



THE OLD-FASHIONED FOUR POSTER

The Boston Cooking-School Magazine

VOL XVI

FEBRUARY, 1912

No. 7



THE FIREPLACE IS ALWAYS AN ATTRACTIVE FEATURE

The Modern Sleeping Room

AS a place to lay aside the cares of the day the average American sleeping-room is so ill-fitted that it is a wonder we are not a more nerve ridden race than we are. It is quite in keeping with the American reputation that many men and women sleep with a telephone beside the pillow, and though much is said and written concerning the sanitary necessities of this apartment it appears that there is still much to say. Individual conditions and preferences

have their place in this part of the house as no other, and yet there are certain sanitary and decorative considerations which are universal.

Among the material conditions for healthful sleep a first one should be the proper regard for the eyes on waking. At night whatever may offend the tired gaze on retiring there is always possible relief because one may go to bed in the dark. It is on waking up that care is necessary, for not only is it undesirable

for the sleeper on waking to see too much, but it is desirable that he should not be waked too soon, and that while waking his slow reviving senses should not be hurried to their functions; and for the delicate sense of sight to be roused to a bright light shining directly in them is enough to blind even strong eyes through constant repetition of the experience.

The ventilation of the bedroom seems like a threadbare subject, but because unwholesome conditions continue to exist, it is obvious that the subject will bear repetition. First the bedroom should be fitted with windows that open at the top as well as the bottom, and it is well to have them on two sides of the room, in order to make good circulation of air. But if there is only one window, so it is opposite the door, there can be a direct draught, and especially, if the window and door are open near the ceiling, is the room more readily aired than though

there were many windows situated with considerable space intervening between them and the ceiling. A high-studded room is not a good feature in any room and especially in a bedroom, unless the windows and doors are high enough to permit free circulation of air. If these openings are not close to the ceiling, ventilators can be put in at the top of the side-walls to provide an exit for stale air. The picturesque casement window is a good feature for an upper room, but unless it opens outward the room is with difficulty protected from heavy rains.

The fireplace has always had a more or less conspicuous place in the bedroom, and it is both a welcome and an attractive feature. It is placed to best advantage in the alcove where it retains all its charming associations, and there is not the objection to its being too close to the bedside.

The alcove room, if it is in a bay window, usually includes a window-seat.



A DESCRIPTION IS UNNECESSARY



A VERY INVITING ROOM

This is always attractive in a bedroom and practical, because it may furnish such desirable accommodations for shirt waists and other equipments, especially if the compartments are numerous. Moreover if the room is small, the window seat may serve as a substitute for two or three chairs. There is not less convenience of a built-in dresser, a recessed chiffonier, or a writing-desk.

The planning of a bedroom is by no means simple, if the bed is to be placed, as it should be to avoid both light and a draft. But if the architect has developed a design not too much given up to nooks and crannies, the problem is usually simplified by the use of only needful furniture. Superfluities should always be avoided in this room for it is a fatal mistake to make sweeping day a dreaded and postponed event. For the small room shelves may be used in place of table and wash-stand, to avoid crowding, but these things will in some way be

featured with the necessary bed, dresser and chairs. For the large room choose a second table or tabouret for the bedside, a large arm-chair and a stool or low-backed chair to use at the dressing table, and a couch which saves the bed from being crushed, when dressed for the day, and also makes a place for laying away clothes. A long mirror is a most desirable feature for any bedroom. It is not so much a thing of vanity as careful dressing, and it is also desirable as a point of good hygiene in taking exercises.

The essential pieces of furniture have sometimes to be crowded into spaces entirely unsuited to them, but selection of proper furniture may do much to help a room out architecturally and strong straight lines are generally best. In beds the antiques have been restored to cordial favor, because no others have been made to excel them in beauty of line, though now we are getting many handsome ones modeled after the old lines

but of lighter construction, while the metal beds are generally in simple agreeable lines.

The brass bed and the polished hardwood floor are the ideal appointments for the modern bedroom, but they are luxuries which many must pass by. However, there are in each case substitutes of moderate cost. If a metal bed is the desired article, it may be of iron done over with white enamel, which, if duly washed with soap and water when soiled, and renewed, when the paint chips off, is a most agreeable feature. In place of white enamel there is also the aluminum or silvery finish, which might combine better with certain color schemes, and the method of dressing the bed offers very wide option. The white spread and shams are most generally acceptable, though lace or muslin is effective for a room that is otherwise sumptuously appointed; while for the country house or summer apartment the

flowered cretonne cover or Java cotton is more attractive and suitable. The canopied bed, though not advocated as the most sanitary, is attractive for the old-fashioned country house, especially where one's chamber features antiques, and where it is suitable that the bed should have this quaint drapery.

The treatment of the floor if not hardwood should be, at least, as near as possible a substitute. Any floor may be painted or stained, but it is more work to keep it in good condition than a hardwood floor, therefore it is considered best, where a floor is old or worn, to clean it thoroughly and cover with a linoleum, which takes treatment until it resembles hardwood and may even be waxed and polished. If raised around the edges over a triangular board moulding, the dirt which might settle about the wall is kept out and the room may be preserved immaculate. Or in place of linoleum, which costs not less than one dollar the



NOTE THE DRESSING TABLE AND CABINETS



A CHILD'S ROOM

square yard, common oil cloth may be used for a simply appointed room, and with rugs placed anywhere except under the furniture the room proves comfortable as well as cleanly.

Colors for the bedroom are quite important, for the reason that a proper degree of plainness makes this apartment more than any dependent upon color. The north room is necessarily a bleak apartment unless treated in warm tones. Yellows and browns, bright rose color and even shades of red serve the needed purpose in making the apartment more inviting. In the use of red for the sleeping room it is well to go lightly since the color is offensive to some nervous people, but just a touch of red, which the artist recognizes as necessary to make a color scheme perfect, is not disturbing to the most sensitive. It seems reasonable that the individual taste of the occupant should if possible be followed for the scheme of color in a sleeping room, but next to personal preference the location

must be considered, if the room is to be a success. While the northern exposure takes the warm cheery tints, a southern outlook may well be done in the cooler greens or blue. These two colors go well together in a south room, especially dark blue and a light green, or in the case of green, two tones in the same color are used to good effect. Pale green is restful to the eyes or, in combination with dark green and a touch of brown, there is the tapestry coloring which is so agreeable. With light blue and white a delicate pink gives life and warmth, which is not disagreeable even in a sunny exposure, and the rose room is almost always a success, especially as a setting for the more sumptuous appointments.

Navy blue, which the Japanese know how to use with good effect, as seen in their mattings and cotton fabrics with the white ground or figure, is excellent for the sleeping room and, combined with pale green for side-walls or in a scheme of just blue and white, with mere

suggestions of some bright color, is practical and most effective.

The most harmonious color scheme is one which includes wall surface, wood-work, rugs and curtains. The wall finish may be in a solid color, in which case the plaster is painted or kalsomined, or there may be the covering of wall paper, plain or in figures. The figured wall paper for the sleeping room is another element which like the red side-walls must be approached with caution, for the large scrawly patterns even in a large room, to the proportions of which such papers may be suited, are often offensive to the individual taste, while for the small sleeping room only the smallest patterns or the plain wall suffice to give a feeling of space and remove the sense of confusion which one feels in abbreviated quarters with a strikingly patterned figured wall.

The draperies for the chamber windows is another of the points which must be subject to diversity of taste in treatment. The person of radical sanitary ideas would have nothing but the common window shade, while the situation may demand the further privacy of a sash curtain, and yet the artist simplifies this by combining these two in one simple hanging, a "Dutch" curtain of crash or grass-cloth or some fadeless fabric. They are certainly effective when chosen in harmony with the colors of the room and figured or not as suits the conditions. Curtains and even shades that are figured may be attractive in a sleeping room, if the side-walls are plain, though the outside of the house must not be overlooked

in choosing flowered shades for just one or a group of windows. The very simplest and an always attractive arrangement is the straight curtain of scrim or organdie, whether hung with one or two rods. Extra hangings may seem superfluous to some persons, but the flowered cretonnes are a bright addition to the sleeping room in city or country, and they serve to make the bungalow appear a bit more cosy in heavy weather.

The vogue for all white furniture has relaxed somewhat and it is now used in combination with the natural woods. It is still attractive, for a daintily appointed room, as treatment for wood that must be painted, but it must be kept clean and renewed when necessary, while natural wood, if it receives similar care, is quite as sanitary and far more beautiful. The old black walnut as well as mahogany are coming to their own again, and so long as the lines are good we have not to despair of furniture that is no more remotely antique than a single generation. Oak, bird's eye maple, ash, and cherry are all suitable woods with which the surroundings of the bedroom may be made to harmonize.

The matter of pictures for a bedroom, should be entirely a matter for the occupant's own choice. Of all rooms in the house this is one where bare spaces, even plain, plaster side-walls should be no offense but rather restful to the eye, and yet this is not one of the points at issue where any universal principle may govern. Rather would one suggest that, if there are pictures, they be well hung, that is with pleasing taste.

Her Valentine

What shall I give my lady fair
Upon this mystic day,
A gem, a flower, a ring as dower,
Or poet's pensive lay?
O winds that from the Southland come
O'er ocean's foam and shine,
What gift is best, by good St. blest
As timely valentine?

Across the wood the breezes bring
A fragrance all their own,
I bend to hear their message clear
In low but tender tone.
"Think not of gift, O lover bold,
A greater joy is thine,
Seek first the maid and unafraid
Be thou her Valentine."

By Ruth Raymond

Pictures

By Kate Gannett Wells

AN Englishwoman has said that "new art is the aspiration of the middle classes seeking for expression." Pathetic, intimate, inspiring is such testimony to the relationships we establish between ourselves and our pictures. For however socialistic we may be in wishing the government to provide opportunities for our artistic enjoyment, we, yet, each of us according to our light want our own pictures to hang on our own home walls.

That they betray our stages of progress we accept, as conscious of our mistaken past values we move our once cherished pictures to our spare room or send them to auction. But far better to have had them than never to have owned them, for the very revelation they impart of our growing ideals keeps us tenderhearted towards ourselves. Slowly do we find that most scriptural scenes are not enjoyable; that many story pictures grow stale; that fruit and flower pictures do not afford permanent satisfaction, and that, in our city home, we want landscapes and, in a summer cottage, especially if one lives alone, in it friendly faces on the walls or photographs of cathedrals which but heighten delight in having one's own view of sea and land from one's own windows. The proprietorship of a view confers personal distinction and is also a good business advertisement.

Still each discarded picture has helped us onward, just as has the friend whose value may lie more in what she has been than in what she now is to us. Then, too, as we grow older we recognize the subtle distinction between a picture and its surroundings. Where shall it be hung? Will it dwarf or ennoble its neighbors on the walls? Is its decorative value to be ignored because of its subjective meaning? Such are the ques-

tions which press upon the housekeeping alliance between pictures and income, while we all are dimly aware that to hang pictures too high or too low, or to put them in close juxtaposition in incongruous manner, is a crime done unto them and is a blight upon our own growing love of proportion.

Most of all do we need to enjoy what we have, just as every one loves the "putti," Correggio's little children in his frescoes at the convent of San Paolo in Parma. Thus can we "middle class" people enjoy our copies of great pictures or the passable, original work of some amateur friend. Instead of bothering ourselves to find out how the artist did something, we feel in ourselves the manner of man or woman he was and the significance of what he drew or painted. The "historical method" in appreciation of art, valuable as knowledge, does not stir the lyrical or sensitive spirit of our average selves. But just because of our selves being what they are, we must have some kind of pictures everywhere, in our tenements, apartments or house, wherever our homes are, that daily we may live with them. We will put the story picture, with its happy suggestion, in our kitchen, to brighten us as we work, but we will not put the highly colored, grotesque, often vulgar prints of nursery rhymes on our nursery walls, to cheapen our children's ideas of what is humorous.

Life, after all, is largely made up of sequences in emotion, and so what we want to get out of our pictures and to put into our choice of them is feeling. Next to the absolutely essential in furniture rank your need of pictures. Get them by degrees, not all at once, only do not begin housekeeping until, at least, you can have one good attractive photograph in every room.

It is what we put into our feeling of a picture that idealizes us. "Captain Sam," writing from Japan in 1613, said that some of the women, on coming into his cabin and seeing his picture of Venus with her son Cupid, took it for "Our Ladie and her sonne and fell down and worshipped it." As opposite illustration of the lack of feeling, were some people, who not long ago traveled far to see Mona Lisa and then sat down with their backs to the painting, while a girl read to them from a book about it. They cared for the quantity of knowledge they could imbibe and not for its quality. They recall the story of a stalwart Christian who, beholding the recumbent marble figure of the Magdalen in her minister's house, felt it must be the figure of some man, her quasi theology getting ahead of her artistic perception.

In spite of the many schools of art, from Art Museums to primary public schools and the various cheap and excellent reproductive processes, "middle class" people do not love pictures as much as did their way-back progenitors. Now there is, instead, ever so much of assumption of love of pictures, while the pragmatic and dogmatic values attached to the explanations of them to our school children is creating a spirit of mere questioning rather than of appreciation. The syllabus of questions, es-

pecially on the illustrative work of little children which in some school systems is launched upon the pupils, is deadening to any feeling for art just as the old-time way of parsing, and of analysis stunted true love for English literature.

Love for pictures and love for nature are linked together in growth of the soul. The more, as housekeepers, we realize our houses must be homes, in order to be loved, the more shall we feel that pictures, if merely cheap reproductions but of beautiful significance, penetrate a home with refinement and the subtle values of idealism. A child can't well do wrong, a man can't be habitually coarse, a woman can't be ever frivolous when overshadowed by the momentum of a great subject in art.

Neither furniture nor bric-a-brac, neither silver nor china give to a home that sense of satisfaction which comes from seeing daily on one's own walls, within one's own home, noble pictures. They answer to our various needs. When domestic worries are rife, they bid us see into the heart of life. They lift us out of ourselves by their silent power of proportion and color, until we seem to give back to each, photograph, engraving, oil or water color, a part of our tired selves as gratitude for the much they have given us of their strength.

In The Dark

By Stokeley S. Fisher

The light is out! We did not see it wane—
Too busy we, concerned about
Too many trifles, of the world too fain:
The light is out!

Yet love was all we had—one joy devout,
Life's recompense for toil and pain!
But, all unshielded from the strife and doubt,

In reckless haste, amid mad revel vain,
We bore our taper in the rout:
Oh, what to us now other loss or gain?—
The light is out!

A Close Call

By Frances Campbell Sparhawk

WHEN Mrs. O'Brien was ready to undertake the laundry which had come in from Miss Matthews, she emptied the contents of the bag upon the floor. Then she uttered a cry, and stood staring. The next moment she glanced about her stealthily.

The room was empty. No one was looking in at the windows. No one had seen what lay on the floor at her feet—bright new bills, tens and twenties, the prettiest she had ever seen, she thought, as she picked them up and counted them. One hundred dollars! What a sum! It would pay her rent for a long time, and buy clothes that she and the children needed to be "daycent" she said to herself. She had no thought of finery or amusement; she had worked too hard and knew too well the value of money. But with all her work she was behind-hand. This would put her straight; and more.

"Shure, the saints must have sint it to me!" she asserted to herself vigorously, silencing an inner voice. It was no matter whose it had been; it was hers now; she had found it. The rich lady would never miss it. Or perhaps some thief had hid it there and it was more hers than his. The poor woman was wearied to death with work; she had been hungry many a time; and—far worse—she had seen her boys hungry. "Shure, an' the saints did sind it to me," she repeated with blatant determination. "The lady knows niver a bit where I live; it's beyont my guessing she knows me name. Shure an' she'll forgit where she put it. It belongs to me, hard-workin' woman as I am. Nobody shall see it; I'll not put it in any wash-bag!"

At last she discovered a safe hiding place. Soon she was at her tub, scrubbing away with might and main, and telling herself she was a lucky woman.

"But I must be that partickler how I spends it. The naybors will be spyin' on me—Oh!"

"Shure! What's the matter wid ye, hollerin' like mad, ye silly crayture?" cried the woman who had entered and was standing behind her. "Did ye niver see me afore? Or is ye puttin' on airs loike a fine lady? Shure, is it a fortin ye've got?"

"I didn't see ye, Mary; I was that busy thinkin' what I'd do to git me rint next week."

Mary laughed scornfully. "Ye niver acted quite loike a crazy thing afore!" she retorted. "I thought something must a-come over ye."

"Niver a bit!" returned the other, her eyes involuntarily seeking the spot in which the money was concealed. "It's tired I am, Mary, that tired I git nervous, they call it."

"Give it up then; an' lend me some pertaters, will ye, Nora? I'll git mine an' pay ye back to-morrer."

"Shure, I will," answered Mrs. O'Brien with alacrity.

When Mary had gone, Mrs. O'Brien stood thoughtful. "Is it goin' to be the loikes o' this?" she asked herself. "I'm not after bein' a fool wid me money? Mary'll loikely go tellin' on me; an' they'll laugh. I'm tired, I am."

She went on with her washing, until it was time to get dinner for her boys coming home from school. Several times that afternoon as they ran in from play for this thing and that, they went close to the place where the money was hidden, and each time Mrs. O'Brien felt her heart stop beating until they had gone again. It was just that she was frightened at first, she told herself.

That night she was a long time going to sleep, fighting the battle with her conscience, which put her duty plainly be-

fore her. And in the dawning she awoke in a fright, dreaming that somebody had come for the money, and was dragging her away with it. In the full daylight, however, she rallied her spirits and resolved to keep what she had found. It was hers, and she needed it.

"Shure an' I'll be after gettin' ye biys a new suit o' clothes before ye gits so the rags won't hold together," she said that morning. She had made up her mind that it would be wisest to spend some of the money soon for what she needed most. Then it would not bother her any more.

The children shouted for joy. "It's gittin' rich ye are!" cried the elder. "An' ye'll be after havin' a ortermobble the next thing. Hooray!"

"Ye'll just keep yer old rags fur talkin' that silly way!" retorted Mrs. O'Brien angrily. "I'll teach ye to laugh at ye poor mother workin' loike a slave fur ye. Shame on ye!" And to the amazement of the children, she burst into tears.

She could not make up her mind yet what she wanted most, and she was afraid to change a ten dollar bill in the neighborhood. She was planning all the morning; and the friends who dropped in for the customary chats did not find her as good company as usual.

"She's arristed! She's arristed!" shouted the boys running in from school in great excitement. "Bridget Mahoney, Johnny's mother, is arristed!"

"What for?" demanded Mrs. O'Brien wheeling upon them.

"For stealin' ten dollars out of a store!" they cried together. "P'rhaps they'll carry her to prison; we don't know. But we're all so sorry for Johnny. A man saw her steal it. Wasn't she wicked?"

The listener stood pale and trembling. No one had seen *her* steal. No one could arrest her, or know about her, she was convinced. But—wicked! That was what her own sons were calling the act. It was her own act; she was steal-

ing.

"You're sorry for Johnny because she's arristed an' will have to go to prison?" she asked. That could never happen to herself.

"That ain't all," said the older boy. "Johnny was cryin' 'sif his heart would break; an' he said it was, too, 'cause he was ashamed to have a mother that stole; an' he'd be ashamed if anybody found it out, or not."

The listener could not keep her voice steady. "You'd feel so if 'twas your mother, Pat?" she asked.

"You bet!" retorted the boy. "I'd be ashamed down to me toes! But what ails ye to talk that silly way? You ain't no thief. Everybody says my mother's honest," he went on proudly. "Johnny said we didn't know nothin' about how it felt. All of us boys was real sorry fur him."

And bolting his last mouthful of dinner, Pat seized his cap and ran off, followed by his brother.

Mrs. O'Brien sat sobbing. "Me biy! Me precious biy! The image of his poor dead fayther! Named fur him, an' fur a saint! He'd be ashamed of his mother! An' I'm that kind!" She sobbed on, relieving the tension of the last twenty-four hours. But at last she sprang up, her eyes dry and bright. "An' shure, me biy ain't niver agoin' to be ashamed of me fur stealin'—— niver!"

She left her dishes unwashed, an unheard-of neglect, and putting on her best gown—shabby enough—she took out the money from its hiding place, counted it, tied it about with a string, thrust it into an old handbag, too defaced to appear the resting place of anything valuable, and started off at a good pace. The walk was long, and she must be back before the boys should return and wonder where she had gone. She was no longer afraid that the money would be seen; she had no further anxiety about it. It was going to prove that she was not a thief, that her boy would

never be ashamed of her, and that was the best thing it could do for her. She did not put it in this way to herself as she trudged along; but she felt it, and it made her tired steps lighter.

Miss Matthews returned from a few days in the country, moved about her room in town, singing softly to herself and recalling the pleasures of her visit. But at last she made a discovery which terrified her. She ran to the door of her neighbor and friend, Miss Norman, and stood pale as a ghost and scarcely able to articulate.

"Somebody's stolen my laundry bag, and—" she began at last.

"Oh, no, my dear." And Miss Norman explained how the boys had come for it and how, knowing that Miss Matthews had forgotten to leave it outside her door, Miss Norman had made the janitor open the door, and had taken the liberty to give the bag to the boys, as she was sure Miss Matthews would wish.

"I had a hundred dollars in my bureau drawer," explained the other, "and I only remembered it after everything was locked up, and I should miss my train if I waited to unlock; so I tucked the bills into the laundry bag, for I was sure nobody would look there for money; and but for the storm, I should have been back before the children came. I don't know where the woman who does my washing lives," she continued, "nor her name." And Miss Matthews to whom dollars were none too plentiful, began to weep.

After consultation the two decided that Miss Matthews must call in the police.

It was astonishing how soon the man

from the office, standing at the telephone and talking in a lordly way, gathered in his notes of information and announced his facts. The name on the cart in which the boys drew their laundry was: "O'Brien." He even found where the woman lived, and promised that her arrest should not be more than the matter of an hour's time. With Miss Matthews's thanks in his ears, he made his best bow and turned to go, when, as he waited for the elevator, he saw a woman toiling breathlessly up the stairs. She was poorly clad, but neat. She was Irish. As she reached the top, she looked about for some one. With sudden intuition he watched her as she approached him.

"An' can ye tell me, sor, which is Miss Matthews's room?" she asked him.

He pointed out the door and followed her to it.

"Is this Miss Matthews that I has the laundry of?" she asked as it opened. "Has ye lost anything, mum?"

"And you've found one hundred dollars in my laundry bag!" cried Miss Matthews. "And you're honest, after all. I'm so glad!"

"Shure, who says I'm not honest! Bad luck to 'em!" retorted Mrs. O'Brien tossing her head at the policeman. "Ye'll count that same, mum, if ye plaze." And she thrust the bills with the string still around them into Miss Matthews's hand.

Better than the escort of the smiling policeman down the elevator, better even than the two bright ten dollar bills from Miss Matthews, which could be spent anywhere without fear, was the truth of her boy's speech: "My mother ain't no thief!"



The Magic Dew of Paradise, or Sympathy and Imagination

By Mrs. Charles Norman

IT may seem very strange, but I have hesitated whether to give this sketch the foregoing title or another very dissimilar one—"The besetting sin of childhood." What I really wish to do is to call attention to the faculty of imagination and to suggest, in an unlettered way, its relation to life. Let us take for a text the following lines from Ruskin: "The gifts which distinctively mark the artist, without which he would be feeble in life and forgotten in death, with which he may become one of the shakers of the earth and one of the signal lights in heaven, are those of *sympathy* and *imagination*."

A few years ago the discussion of the subject, "Should an actor feel his part?" was widespread. I do not now remember the pros and cons as they appeared, but I cannot conceive how an actor can be great who does not, by imagination, put himself into the position of the person he represents. Neither can I think of an ideal parent, who does not put himself in the child's place—though this does not imply that either should give way to "feelings."

It seems to be generally believed that mothers are sympathetic and that teachers ought to be. What is the reason? When we diagnose a disease, we should name the cause. What makes the man or woman unsympathetic, or unkind? Listen to Ruskin again. He says: "*Cruel for want of imagination*."

"Cruel for want of imagination!" Those are his exact words. To a student of psychology, these words may need no explanation, but this can not be said of everyone. Imagination is commonly considered a gift of the gods. Shall a man be called cruel for not possessing this gift? Yet we cannot pass lightly over the opinion of a famous thinker,

and Ruskin deliberately said: "Cruel for want of imagination." And to this he adds the distressing words—"a far rarer and weaker quality in women than in men."

Cruelty! That is not a pleasant thing to be accused of; for women should be the embodiment of gentleness and generosity. On this ground we feel inclined to dispute the assertion that women are feebler in imagination than men; but why deny what history proves? Our greatest artists, poets and novelists, have been men, not women. Our successful biographers and historians have been men of high imaginative faculty. The great inventor must be endowed with this power. How keen are his mental pictures of an object which exists nowhere. In a recent sketch of Walter Besant, the speaker said: "Besant constantly comes out of his happy world of imagination, to what is, perhaps, the most laborious and thankless work anyone can undertake,—the helping of the unhelpable and the employment of the unemployable." Now it may be that the novelist came out of "his happy world of imagination," but he certainly did not come out of his imagination, else he could not possibly have sympathized with incapacity and carelessness. The reformer, of all persons, must not lack the "gift."

But we revert to the thought, for us the most pertinent, that for want of imagination, a woman is cruel, that, because she has not the faculty of seeing another's situation and conceiving another's motives, she cannot judge justly of his conduct; that, lacking this ability, she ceases to be useful and fails in getting life's full satisfaction.

I have in mind the case of a woman who is destitute of sympathy. She is truthful, studious and very conscientious;

but, though her situation is fortunate, she does not radiate happiness, she is not, herself, very happy. The conditions of life for each person about her, differ, somewhat, from her own, and she cannot comprehend these conditions. Her own family, and her best friends are a source of annoyance. The mother of this woman tells me that she alone is responsible for the sad deficiency in the daughter. As a child she began life with a lively imagination—most children begin life that way. The mother listened to her fairy tales with concern, and having a special dread of lying lips, set about to lead the young mind into a world of absolute reality. The child was required to tell every occurrence precisely as her eyes had seen and her ears had heard, and her eyes must not see beyond their actual range of vision. Childlike, she was always forgetting, and one day she spun for her mother a very fine tale. The anxious parent said: "The things you have told me never happened." The child's ready reply was:

"Well, the old Dutch clock, it told me so,
And that is how I came to know."

She had learned that couplet by hearing an older companion recite one of Field's rhymes, and her Mother, though inwardly amused, was both inwardly and outwardly shocked. She called the child and talked long and earnestly about being truthful; but, although the little one was "good," she paid not the slightest attention to what her mother was saying. Her mind was wholly occupied with the tale of her own invention, for which she seemed, perversely, to have the greatest respect; so all the time she was being scolded, a really wonderful smile was playing over her face.

It was a sad and difficult task that mother now undertook, but she pursued it conscientiously and persistently, and was finally successful. The child lost her Eden and has ever since dwelt amid the commonplace. The charm of many of her school studies was gone and their

value, also. If she was asked to write an imaginary production, she worked extremely hard, only to produce an accurate piece of work, "as lifeless as a corpse." She is now the mother of beautiful children, but she does not enjoy nor appreciate them. Her mind cannot grasp the mysteries of the world in which they live. Nothing could make her otherwise than dutiful but she is cold and narrow; her power to help others is irretrievably impaired.

Irving said: "Imagination is irrepresentable." The world is not mean—we have enough proof of that. When once another's sorrows lay hold of us, as they do at times, behold the beautiful expressions of sympathy! The blessing of sorrow is that it stirs men's hearts by appealing to their imaginations. A friend of mine who went to a great city to reside, wrote me of the ice-cold selfishness, the all-absorbing avarice of the place. For her there existed no soul in all the throng. Trouble came to her. She assumed she would have her sorrow to bear alone and bear it she did; till, at the crisis, someone *perceived*—the mind of another was pricked with comprehension of her great grief and the lonely woman was no more alone. Someone "sympathized," we say. Yes, someone sympathized. Someone conceived the pitiable darkness and desolation. Another person might have said: "I do not see why she should be lonely."

Ah, those self-rebuking words "I do not see why!" How often they are upon the lips of persons who could see why, if they had cultivated their innate faculties!

I heard a boy telling a companion of an illness he had had, "and oh," he said, "I cried so every time my father went away."

"Wasn't your Mother there?" asked his friend.

"No, my Mother was—was dead. We just had a housekeeper, you know."

"Well, wouldn't she stay with you?" questioned his playmate.

"Yes," said the boy, "she stayed and so did the nurse and they said they could not see why I was not satisfied, but they did not tell me any stories and they were so different from my mother, and I wanted her, but she was gone; and I could not get my Father, either, till dark."

This was the cry of a child's heart for sympathy—not for comforts nor material blessings, but for sympathy!

Childhood needs sympathy, likewise does Manhood. There are times when nothing else will serve, when politeness is a mockery, and the richest gifts are insufficient to satisfy. If anyone has, by lack of imagination, lost the power to sympathize, he has lost the opportunity to confer help in the time of need. But this is not all.

Who has not felt the necessity of a daily uplift, such as the imaginative faculty, and it alone, can give? To most of us, life is a round of petty cares and duties, which, without some outward means of inspiration, would soon overwhelm us. Lowell makes Hosea say, you remember:

"Now ain't jest the minute,
As ever fits us easy, while we're in it."

The present moment, like the present self, is not now wholly wonderful. Indeed it is apt to be quite grim—full of headache, irritation or anxiety; but in imagination, we look out and beyond,

and courage comes to incite us to our best endeavor and to make the passing moment golden. For, for every triumph of the soul, for every momentary victory, the world seems better.

There are those who tell us that this looking up is not practical. They would keep us forever at the forge, though our fire had gone out and we have not facility for renewing it. They would have us purely mortal, though God had called us to immortality. They would keep our minds on the body, though the Perfect One declared: "It is the spirit that quickeneth, the flesh profiteth nothing."

If you find yourself without the divine gift, imagination, do not assume that you never possessed it, but that "education" has taken it away; and above all, do not allow yourself to be responsible for crushing it in another. Imagination is not "the besetting sin of childhood," as I once heard a woman avow, but the "Magic dew of Paradise," which will keep fresh the heart so long as the world allows it to remain. The child knows well enough that there is no real connection between a lie and a fairy story. He is not so far from heaven as we are. Besides, he has wings that would swiftly carry him hither, if we did not bind him to earth.

"Full soon—will custom lie upon him, like a pall" and the divine spark be quenched, which might have flamed, and kindled the earth.

The Born Get-A-Header

By Madeleine Burrage

MIS' Pettingil, she's a leader," says M'ria Holway to me. "Leader!" says I. "She's the advance guard! She was born to get way ahead of everybody else."

It's this way. We're back-woods, but we aim to be progressive—an' I guess we are. Last year we organized a club, or rather Mis' Pettingil did, to take the "Female's Fireside Friend." It's a real

good paper, an' we all pay a little an' get it in turn—after Mis' Pettingil has got through with it. It's sort o' mad-denin', because she gets all the new ideas an' springs 'em on us before we hev a chancet to get at 'em ourselves. But as I say, it's a real good paper, an' there's the loveliest love story runnin' in it now—Well, I wouldn't mind if they was her own ideas, but there don't seem to me

any reason for bein' toploftical 'bout things anybody c'n read about—if they've got a "Female's Fireside Friend!"

Well, the day after it come in October, —the "Female's Friend," I mean—M'ria Holway come runnin' over, an' she says to me, says she, "There's somethin' up. Mis' Pettingil's gone to the city with the "Female" under her arm. I call that a little too close. Nob'dy's goin' to steal it while she's gone. I tell you what I've decided to do. This once, I'm goin' to see if I can't git a "Female" down to the store an' find out what she's up to."

Well, she did, an' we looked it through an' through, includin' advertisements, but we couldn't seem to find hide nor hair of anythin' thet could 'a' took Mis' Pettingil off to the city that early.

There wan't a real new thing in it, except some foolishness 'bout some cookin' in paper bags that a man named Sawyer hed ben doin'.

"Jest like a man!" says I.

So we lay low an' waited an' never told a soul 'bout buyin' the "Female," for fear they'd borry it an' be smarter than we were, an' find out what hed set Mis' Pettingil off.

That was Tuesday. Thursday Mis' Pettingil called me up on the telephone an' said she was goin' to hev "her little club" to dinner on Friday, an' would I come.

"At what time?" says I.

"Half *after* six," says she.

"Dinner?" says I.

"Dinner," says she so sweet butter wouldn't 'a' melted in her mouth.

"Well," thinks I to myself, "who's puttin' on style, now!"

Thet afternoon Judith come over, rarin', tarin' mad.

"I'd oughter got thet "Female" yes'dy," says she, "an' Mis' Pettingil ain't sent it over yet."

"Mark my word," says I, "you won't see a sign of it till after Friday. Mis' Pettingil's got some rincktum up her sleeve, you may be sure."

"I don't care," says Judith, "I want thet "Female." What do you s'pose it is this time?"

"I ain't got no idea," says I truthfully, "but nothin' can surprise me, after what we've ben through a'ready. There was thet Fireless Cooker Supper, (t'was supper, then), thet picnic where we all set round on the floor to eat—I c'n feel it in my legs yet!—, thet time we hed everythin' to eat beginning' with letters o' the alphabet straight through, an' the doctor was up all night tendin' folks! Oh, she's a born get-a-header, all right. But mark my word, Judith," I says, "there's limits," I says, "limits!"

Thet afternoon I got out the "Female" again, an' went over it real careful, an' then I hed an idea. Thinks I to myself, "If it should be this bag foolishness, why, there's no harm tryin'. I can't ever get ahead, but I hope I *can* be a clost second."

So I looked all through the recipes for somethin' simple, an' I found a good one, potatoes some kind o' hotel.

I hunted up a paper bag, (it said use nothin' but their's, but I reasoned thet was like all advertisements—that's where I made a mistake) an' I begun to "proceed accordin' to directions."

"Butter the bag," it said. Well, I buttered it—I won't say no more—, and' I cut up some cold boiled potatoes an' put 'em in, an' it said, "Half a cup o' milk," an' I done that, too, though it seemed rank foolishness, an' pepper an' salt,—but I drew the line at nutmeg.

Then I pinned up the bag, put it in the oven an' sat down an' waited. "Fifteen minutes," it said.

When it was time, I opened the door an' took holt o' the bag—

It took me the rest o' the afternoon to clean up thet oven! The only comfort thet come to me, was the thought o' Mis' Pettingil's oven all messed up, too. At least, I hoped it was an' I hadn't made a fool o' myself for nothin'.

Well, Friday, when half *after* six come, we was all assembled. Mis' Pet-

tingil hed on a new dress. I wont say nothin', but it seems to me there's sech a thing as bein' too progressive.

Well, when we was all there, she got up an' she says, real sweet, "Ladies, I have asked you here to dine so that we might all have an opportunity of testing some of Sawyaie's ("Oh, ah, that indeed," says I to myself) famous Paper Bag Cookery. It is only recently that this Cookery has been introduced into this part of the world. I daresay some of you have never even heard of it." (Oh, if looks could 'a' killed, Mis' Pettingil would 'a' been stretched out on her best Brussels quicker'n scat!) "Let us," she says, "adjourn to the dining room."

But before they could do it, I got up an' I says, "I've hed the pleasure of testin' some of *Sawyer's* cookin' myself," I says. "I only hope you hed the success thet I did."

Well, I wish you could 'a' heard 'em gasp. But I didn't wait for nothin'. "Do lets adjourn," says I.

I wont bother tellin' 'bout the table. We hed name cards, o' course, an' silly little dishes o' nuts in front of each one, an' I will say she must 'a' spent a pretty penny on the flowers,—roses, they was, an' as handsome as a picture.

Well, first we hed soup. T'was sort o' queer, an' I suspicioned she'd greased her bag, but I didn't say nothin'.

Then we hed meat; roast beef, it was, an' I must admit 'twas good, an' the browned potatoes an' the lima beans was first rate.

Then come some sort o' fish all messed up. I will say, personally, I like to know what I'm eating. An' I did think 't' was carryin' things a little too far to hev *both* meat an' fish, but I s'pose 't' was jest to show off.

An' after thet we hed some real nice apple dumplin', an' coffee in the teeniest cups you ever see.

Well, they all knew they'd ben beat again, an' 't' was the glummiest party I ever come across. But Mis' Pettingil was twitterin', an' explainin', an' pattin'

herself on the 'back for all she was worth.

Mis' Mansur, she wouldn't eat a thing. She jest set there an' says over an' over again, "T'ain't natural, 't'ain't natural!" But the rest of us done our best.

I was real pleased at M'ria.

"I don't see," says she, "thet these things are any better than if they was cooked in the good Christian way."

"Oh," says Mis' Pettingil, real superior, "there is no waste as there is in the other way. A roast that goes into the oven weighing four pounds comes out four pounds. And then, there aren't any pans to wash."

"No, says I, real wicked, "no *pans*." An' I looked at Mis' Pettingil out o' the corner o' my eye.

"O course," says she, "you have to be careful when you take the bags out of the oven."

"Oh," says I, "did you hev any accidents?"

I've read about eyes flashin' sparks. Hers done it then.

"It says so in the book, doesn't it?" says she.

Well, as soon as we could, after we got through what we come for, we left.

Jest as we was goin' down the path Mis' Pettingil come runnin' out, wavin' the "Female" at Judith.

"Here," she says, "I'm so sorry I've been delayed in bringing it over to you."

Judith looked so honey sweet I knew somethin' was comin'.

"Oh, says she, "are you sure you've read up all you need to 'bout them paper bags? I guess p'raps, you'd better keep it till mornin', hadn't you?"

Mis' Pettingil, she give the nearest thing a lady can to a snort an' went back into the house.

The nex' afternoon they all come over an' we hed it out.

"What *can* we do about her?" says they.

"Do?" says I. "Do nothin'! She's a born get-a-header!"

How Reduce The Meat Bill?

By Jessamine Chapman

HOUSEKEEPERS in their attempts to cut down household expenses disregard this truism, "The high cost of living is the cost of living high." One can't buy Porter-house steak at round steak price. If we want the choicest of foods we must expect to pay the price which they can demand. And so, before attempting to answer the question of how the meat bill can be reduced, it is evident that there must be sacrifice somewhere; the question is, can one be content and feel that the economy practiced is worth while? Granted then, that the housekeeper is open-minded enough to consider legitimate methods of cutting down the meat bill, and that she understands that she cannot hope to supply fillets of beef, sweet-breads, and other delicacies without paying the high price which a rare and choice food commands, let us consider, in turn, *six methods* of *economy* in cutting down the meat bill, and decide upon the merits of each:

1. *Lessening the amount of meat used.*

That the meat bill can be reduced thus is perfectly obvious, but is this method advisable, dietetically?

Meat is the chief source of our tissue-building (protein) food. Meat forms 16% of the total food in American homes; it furnishes 30% of the total protein supply and 59% of the fat. Its food value in these two principles, then, is high. If we lessen the amount of meat, we must substitute something else, which will supply the same constituents, namely,—protein and fat. For such substitutes we may examine the diets of other races and nations. The brawny Scotchman gets almost all his protein or tissue building food and fat from his oatmeal porridge (oatmeal contains the highest percent of protein and fat of any of the cereals) and milk.

The Swiss peasants live on milk and milk products almost exclusively; the German, on quantities of black bread and legumes; the Italian, on Macaroni (made of wheat with a high per cent of gluten) and cheese which supplies protein and fat in a very concentrated form. Even the Chinese, with his rice diet, obtains a quantity of protein food, sufficient apparently.

It is possible then to get a balanced diet without meat, but are these substitutes any cheaper than meat? In recent investigations made in New York City among the poorer classes of all nationalities, it was found that twenty-two cents was the lowest amount per capita per day spent in food, and on that amount the *Italians* were best nourished and their diet better balanced. The Americans and Russians were the poorest nourished and their diet ill-balanced. The explanation of this state of affairs proved to be the wise selection of protein foods. In one Italian family of five, living on this amount, the diet consisted of macaroni, bread, and a bushel of onions a week. A diet of macaroni and bread alone would be almost impossible, but to this restricted diet the onions, although of little food value, added the flavor necessary and in a cheap form. The Americans and Russians spent money on meat, the most expensive source of protein, and failed by so doing to obtain sufficient food for the same sum.

For the average American housekeeper, no one would recommend the use of substitutes for meat exclusively, but there is wisdom in cutting down the serving of meat to once a day only, instead of twice or three times, and even in serving a vegetarian dinner once or twice during the week. The list of meat substitutes is a long and varied one:—

1. Eggs.—Fully as valuable as meat in composition, digestibility, and economy.

2. Milk and Cheese—Cheese yields twice as much protein as meat per pound. The number of cheese dishes which can be found in any reliable cook book are endless—Rarebits, fondues, souffles, sandwiches, scallops, canapes. Recent investigations have shown that cheese when properly masticated or added to other foods in cooking is not indigestible.

3. Cereal grains.—Oats and wheat are highest in protein. Rice is lowest.

4. The legumes—peas, beans, lentils, and peanuts. The German lentils should be used more in America. They are especially satisfactory for soups and also when cooked like Boston baked beans. Peanuts could be used more extensively and are exceedingly cheap. A peanut pureé, cooking the peanuts, fine-ground, in soup stock, then thickening slightly to blend properly, makes a most nutritious soup.

5. Nuts.—The almond is especially high in protein. The use of almond-meal should be encouraged. Because of its low percentage of starch and relatively high value for tissue building, it might become a welcome addition to the diet of diabetics.

It remains for the individual housekeeper to decide for herself to what extent she shall serve meat. With wisdom in planning, however, she need not fear that her meals are poorly balanced, if she uses these substitutes frequently.

II. Careful Selection of Cuts.

No one who does not understand the different cuts of meat can hope to economize by this method. In the economic selection of a cut of meat one must calculate the *actual* cost, and balance it with the *apparent* cost. There is the amount of bone, gristle, waste fat and the losses in cooking to be considered. Take, for instance, Porterhouse steak at 28c a pound. *One-eighth* is waste, which makes its actual cost 32½c. A chuck steak at 14c per pound is *one-*

half waste, making a pound actually cost 28c per pound. This fact would determine at once the choice between the two cuts. But a round steak at 14c has only *one-twelfth* waste, and hence would cost only 15 1/4c. It is obvious, then, that this cut would be far cheaper than either of the other cuts, and one is really getting more meat in a pound.

There is economy in the method by which the meat order is given. To order by phone often adds to the cost because of the details,—the thickness of the cut, the exact weight asked for, and the choice among the same cuts, are not observed carefully by the market man. Then, too, the dealer takes a personal interest in you, if you order in person and show a knowledge of the different cuts and understand their qualities. But here again the housekeeper must ask, if her time is more valuable, spent in some other way than going to market. Will the difference in the meat bill be sufficient to make this effort? This can only be tried out by each person for herself.

Buying in large quantities is economical but not always practical on account of the proper means of storage. Whenever that difficulty can be overcome, it is advisable. Often several families may buy a beef or pig together and divide it into quarters. A part of this may be preserved by corning, smoking, or pickling and gives a variety. Sausage, head-cheese, and scrapple are often more satisfactory in every way when made in the home.

III. Economy in Cooking.

The cut of meat,—its tenderness, structure, texture, and flavor, determines the method best suited in cooking. The tenderness of meat depends on the connective tissue. In much-used muscles this is tough, and the texture, coarse and fibrous. The texture and tenderness are also influenced by hanging. The state of rigor mortis or stiffening after death is well known, but with sufficient hanging this state passes and the first stages of

decomposition set in. The lactic acid then developed softens the connective tissue more or less, and the longer the hanging, the softer the meat becomes. The lactic acid developed in the muscles of an animal killed in the chase renders the connective tissue more tender and therefore it is possible to use game at once without hanging.

The *flavor* of meat is dependent upon the kind and amount of extractives present. These increase in the hanging of meat and the Englishman's "high meat" is simply meat hung long enough to develop these extractives to an unusual degree. The extractives in an expensive cut are no better than in a tough one—it is simply a case of where you prefer it—sealed up in the meat as in broiling, or in the broth as in stewing or soup-making.

There are three general methods of cooking meats:—(1) With high temperature. (2) With low temperature and a long time. (3) A process between these two. To know when to use each of these is the economy in meat cooking. In a tender cut, where the connective tissue is already soft and one wishes to retain the juices in the meat, a high temperature for a very short time causes a sealing up of the juices by the coagulation of the outside layer. The problem of softening the connective tissue does not enter in, for it is already tender. But a tough cut, a shin of beef for example, requires a low temperature and a long time to make the connective tissue tender, and, in this process, the juices of the meat are extracted because there is no searing of the outside. This is the principle of soup making in contrast to broiling steak. A process between these is used when some of the juices are desired in the meat and some in the broth and where the connective tissue is somewhat tough. Stews are examples of this "between" process in cooking.

In deciding the process to be used in cooking, the losses due to evaporation must be considered. A six pound roast,

raw, weighs, after roasting, five pounds. This roast at 20c a pound really costs 24c, and the smaller the cut, the greater the loss in cooking. In boiling, if the broth is used, there is much less lost. That is the reason boiling is resorted to rather than roasting, in public institutions, where economy must necessarily be practiced. Proper cooking probably has as much to do with reducing the meat bill as any.

IV. *Economy in Table Serving.*

In serving a family daily, one soon learns the quantities each seems to require and the size of the portions in carving can be adjusted accordingly. The carver, then, has a responsibility in the reduction of the meat bill. It is better as a usual thing to serve a person the second time than to put too much on the plate at one time.

Few believe in throwing away butter left on the plates, and why should one not, in one's own family, use the bones and meat left on the individual plates for the soup pot?

V. *Utilization of Fats, Bones, Trimmings, etc.*

To what extent the using of these wastes is practicable is a question. Without doubt, suet fat can often be tried out and used as well as butter in sauteing. Mutton fat is too strongly flavored for this, and we have passed the period of tallow candles and soap-making in the home. Chicken and bacon fat can be used as well as butter for many things. Bones and gristle are valuable sources of mineral matter and gelatine, and give to a stock a thick gelatinous consistency. The bone marrow is high in food value. There is no doubt that the housekeeper can practice some economy by this method.

VI. *Extending the flavor of meats.*

This brings up the much disputed question of *left-overs*. There are four requisites for a successful left over:—first, all bone and gristle and visible fat should be removed; second, it must be

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PERSONAL EFFICIENCY AND UTENSIL EFFICIENCY

"Add a good cook to a poor kitchen and the sum will be a poor dinner. Add a poor cook to a poor kitchen and the sum will be a cold bite and hatred therewith. Add a cook of some personal efficiency to an efficient kitchen, fitted with high efficiency utensils, and the sum will be a dinner that will make life worth living. If the House Mother can maintain the efficiency of the cook, the kitchen and its utensils, the children will rise up and call their wise mother blessed among women. Where personal efficiency and utensil efficiency are united in one home, there shall we find handsome, growing children and efficient men and women. As the child eateth so will the man or woman be. This is the sum of Home Economics."—*Housekeeping Efficiency*.

KATE GANNETT WELLS

MRS. KATE GANNETT WELLS died suddenly December 13, after an illness of brief duration. Her paper on "Pictures," which appears on another page was received at this office only a day or two before her decease. It was, perhaps, the very last contribution from her pen.

For at least a dozen years she had not failed to write a short article for every issue of this magazine, for which she often said she liked to contribute.

Mrs. Wells was born in England, and was the daughter of the late Rev. Ezra Stiles Gannett, D. D., minister of the Arlington Street Church, where he succeeded Dr. Channing.

Mrs. Wells did much literary and public work. She was long a member of the Massachusetts State Board of Education, serving almost three terms of eight years each. She was also deeply interested in the work of the Normal Art School and was identified with its growth and development. She was chairman of the board of visitors at the Art School for ten years. She was also chairman of the board of visitors to the Framingham Normal School, where Wells Hall, built in 1902, was named by the State Board of Education in honor of her.

Mr. Edwin D. Mead has said of her:—

"Mrs. Kate Gannett Wells had been during the whole period of my own life in Boston one of the noblest and most useful women in the city, one of the most conspicuous and devoted in good works. She was a public possession, and we are all her debtors for manifold and indefatigable public service."

We can simply reiterate what others have said. Mrs. Wells was energetic, enthusiastic and tireless in promoting every good work and cause. In efforts to render service to others she did not spare herself. She earned a well-deserved place among the educators and literary women of her own generation.

CONSTANT IN APPEAL

NOT long since a lady wrote us:
Gentlemen:—

"Kindly let me know whether you can send me the back numbers of the Boston Cooking School Magazine, beginning with February, 1911. I thought I could get along without the magazine and so discontinued my subscription, but have felt all the year as though I were missing something that could not be replaced."

Another lady has written an expression of thankfulness for the article in our last issue on "Efficiency in the Home," saying the subject was of very special concern to her at the present time.

This magazine is designed to appeal to earnest, every-day housekeepers such as these. The special nature and home-like personality that pervade the pages of the magazine are manifest and somewhat unique. This trait of the magazine has not only been maintained in past years, but also has been constantly intensified in value. The authority of the magazine in its line of endeavor is entirely distinct and independent. Are we not right in saying, whereas there were good things in the January number, even better things are to be found in the present, the February number.

THE SENSE OF QUANTITY

ONE of the most valuable qualities of the housekeeper is an accurate sense of the proper amount of material to order or to prepare for a given meal. This sense of quantity, as we may call it, is the basis of successful catering, professional or domestic. A familiar story from the newspaper funny column is of the youthful bride who orders a ten-pound roast for her family of two, and other things in proportion. There are many, who have kept house long enough to know better, who do not seem much wiser. It is always either a "feast or a famine" in some unfortunate households. It is probably much worse for the family to go hungry than

to be surfeited. So of the two evils too little is worse than too much. The happy medium is for everybody to have plenty, with something for a hypothetical guest. Nothing is more embarrassing for one serving a dish than to find the amount so small that he is puzzled how to make it go around. Such a predicament might be excusable, when several friends have unexpectedly appeared to take "pot luck," but under ordinary circumstances it should never happen. On the other hand, "enough is as good as a feast," and there is no reason why a housekeeper should not train her judgment to estimate fairly well the right amount. A certain proportion of left overs are accepted as a necessity in every economical menage. But even in the pleasantest of disguises, the same article grows wearisome to the palate, and an excessive quantity often spoils before it can be used. Then, too, there is the perishable class of food products, which are decidedly undesirable a second day, if not actually unavailable. Oyster stew, cream toast, Welsh rabbit, are impossible at second hand; cakes that dry, and pies whose filling soaks the crust must not be kept over. The list could go on indefinitely, but every housekeeper ought to know it and guard against the mistake of wasting good food by over supply. While no good housekeeper wants or means to be stingy, she should learn the ways of prudent economy.—E. M. H.

PUNCTUALITY AND DOMESTIC FELICITY

THE virtue of punctuality goes so far towards making the happiness of home life that it is curious that many fail to appreciate the fact. In some households the lack is on the part of the housekeeper. Many women seem never to realize how important it is for a busy man to have his meals on time. Trains will not wait for him, and machines will not suspend operation, pending his delay. Banks and stock exchanges take no cognizance of his meal times. Oblivious of

such stern realities, many women allow themselves to get belated in their shopping or visiting, then hurry home at the eleventh hour and keep impatient and hungry husbands waiting for dinner, or perhaps send them forth to get it outside, in order to meet an engagement. There are others, not lacking in conscientiousness, who do not seem to possess the proper judgment about calculating the time of preparation. The meat is tougher than they thought, or the fire bothers them, or some kitchen mishap hinders them—whatever the cause of the delay, it always finds them unequal to the emergency. They become nervous and “flustered” over the family complaints, and when the tardy meal is served it is not a very cheerful function.

On the other hand, the lack of punctuality in a man is equally trying. Most of us know the type of inconsiderate husband who leaves his wife in miserable uncertainty when to expect him, and yet imagines that his meal will be ready to set before him on his arrival. Many a worried little woman sacrifices some pleasure to her domestic duties and after carefully preparing some delicacy for a given hour has the disappointment of seeing it spoil before her liege lord can enjoy it. It is hard to teach a woman business punctuality; it is equally hard to make a business man grasp the exigences of cooking. An otherwise intelligent man may be absurdly unreasonable about food. He cannot understand why meat and vegetables dry up when kept hot to await him, or why coffee spoils and omelets fall, while he stops to read the morning paper. These types may be a bit overdrawn, to point the moral, but all will agree that mutual consideration will improve any household, and that the rule of punctuality, strictly followed, is a great domestic benefit.

—E. M. H.

RELAXATION

FROM the beginning of life to its end, though we rest and sleep, we

never completely relax until death. Yet we are ever striving toward an ideal of perfect relaxation.

We are told that it is an invariable part of the Hindu life to retire for half an hour daily into silence, relax the muscles, govern the breathing, and meditate on eternal things. Every Hindu child is trained to this from an early age. Prof. William James asks how many American children ever hear it said by parent or teacher, that they should moderate their piercing voices, relax their unused muscles, and as far as possible, when sitting, sit quite still? Not one in thousands! Yet from its reflex influence on the inner mental states this ceaseless over-tension, over-motion, and over-expression are working on us greivous national harm.

We work with all the muscles of the body, when only the brain is needed; all the brain, when only the muscles are required, and with a running accompaniment of worry and fear that we shall not do all that we do, exactly right, or exactly on time, which disturbs all the natural functions of the body and brings on nervous prostration, and the train of ills common to modern life. I knew a woman, who could not take even short drives without serious fatigue, who learned to enjoy long rides of twenty or thirty miles. Her attention being directed to it, she no longer tried to help the horse by pushing with her feet, but rode reposefully, letting the horse do all the work.

The two highest manifestations of power, the two first great aims of education, physical and mental, should be concentration, the power to give the entire attention and force to one object; and relaxation, the power of dropping work at will.—*La Follette's Weekly*.

A young girl who carried her dinner was observed always to eat her pie first. When asked why, she replied, “Well, if there's anything left, it won't be the pie, will it now?”



MELBA CUPS

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Jellied Oysters, Russian Style

POUR one-half a cup of cold water over one pint of oysters; in this wash the oysters, removing bits of shell if present. Strain the liquid over the oysters and heat the whole over a quick fire until the liquid boils; drain off the liquid and set the oysters to become thoroughly chilled. To the liquid add cold, well-flavored fish, veal or chicken broth to make one pint in all. Add one-fourth a package (generous measure) of gelatine softened in one-fourth a cup of cold water, one tablespoonful of lemon juice, the thin yellow peel of half a lemon, salt and pepper as needed, and the slightbeaten white and crushed shell of one egg. Stir these constantly, over the fire, until boiling; let boil two or three minutes, then keep hot without boiling until "settled." Strain through a linen napkin; add two tablespoonfuls of Sauterne. Pour part of the liquid into a shallow dish, to make a sheet less

than half an inch thick, and let become firm, then cut into tiny cubes. Dip the chilled oysters in a little of the cool aspic and set them on a cool plate; baste them with the rest of the aspic until completely covered. Make beds of the aspic cubes in small scallop or silver shells; on each set two of the prepared oysters, with a wreath of aspic cubes around them. Turn a can of caviare into a bowl; add half a teaspoonful of onion juice, and one or two tablespoonfuls of lemon juice and mix thoroughly; set a teaspoonful of the prepared caviare above the oysters in each dish. Serve, thoroughly chilled, with brown bread sandwiches as an appetizer.

Jellied Oyster Salad

Prepare the oysters as above. For each service set four or five of the jellied oysters in a nest of heart leaves of lettuce, sprinkle with slices of olive and pimento. Pour over French dressing, or, set a generous teaspoonful of mayon-

naise dressing above the oysters in each nest. Tomato catsup or chili sauce may be added to the dressing.

Andalusian Soup

Put one quart of veal or chicken broth over the fire; when it boils sprinkle in two tablespoonfuls of any fine quick-cooking tapioca; stir constantly two or three minutes, then cover and let cook over boiling water (double boiler) until the tapioca is transparent; add two or three cups of tomato purée and let cook ten minutes longer; season as needed.

Consommé Renaissance

Press half a cup of cooked-and-drained spinach through a sieve; add a

fish should be purchased. To the trimmings add half an onion, half a teaspoonful of sweet basil (dried) or two branches of the fresh herb, two branches of parsley and five or six slices of carrot, with cold water to cover, and let simmer half an hour for stock. Scrape the pulp of the fish from the fibres; pound this in a bowl, then gradually a little at a time, beat into half a cup of butter, beaten to a cream; add meanwhile half a teaspoonful of salt, a dash of pepper and half a teaspoonful of onion juice; then beat in three raw eggs, one at a time. Butter a mold thoroughly and sprinkle it with chopped parsley or chopped truffles; put the fish mixture into the mold by spoonfuls, shaking it



JELLIED OYSTERS, RUSSIAN STYLE

tablespoonful of melted butter, one tablespoonful of cream, two beaten eggs, one-fourth a teaspoonful of salt, and one-fourth a teaspoonful of pepper; mix thoroughly and turn into a small buttered mold. Let cook in the oven on several folds of paper and surrounded with boiling water until firm. When cold cut in cubes. Cut a pared carrot and turnip in half-inch cubes. Cook separately until tender. Drain. Serve the cubes of spinach-custard, turnip and carrot in one quart of consommé.

Halibut Mousseline

Purchase enough halibut to secure one pound of flesh, free from trimmings and bone. About one pound and a half of

down well, and making the top smooth. Set into a dish on several folds of paper or cloth, surround with boiling water and let cook in the oven until firm in the center. The water should not boil during the cooking. Serve, turned from the mold, with fish Bechamel sauce poured around it.

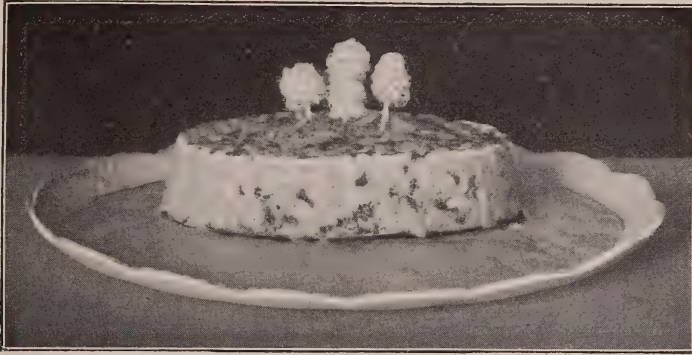
Fish Bechamel Sauce

Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and a scant teaspoonful of salt; add one cup of the fish stock and half a cup of cream and stir until boiling. Beat in a tablespoonful of butter, in little bits, and then a teaspoonful of lemon juice.

Oysters with Force meat and Ham

Rinse eight choice oysters and dry them on a cloth; cover with veal force meat, then wrap in very thin slices of ham; roll in soft bread crumbs, then dip

and use to cover the oysters. The slices of ham in which the coated oysters are wrapped should be cut exceedingly thin; cut the slices crosswise and remove all fat and stringy portions. It is not essential that the ham be in one piece, simply



HALIBUT MOUSSELINE

in a beaten egg, diluted with two tablespoonfuls of milk, and roll again in crumbs. Sauté in olive oil, or clarified butter or chicken fat until well browned on both sides; drain on soft paper. Set on rounds of toast. Serve mayonnaise, into which one-fourth the bulk of thick tomato purée has been folded, in a bowl.

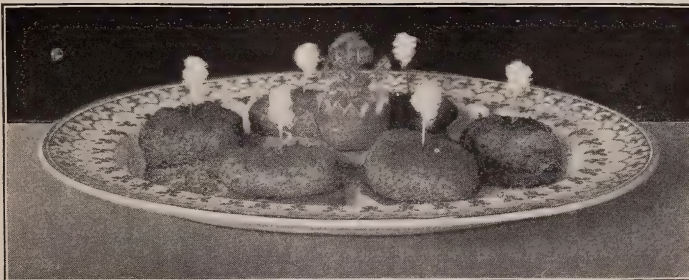
Veal Force meat

Scrape the pulp from the fibres of enough veal to half fill a cup, and pound the pulp with a pestle; add one-fourth a cup of cold bread panada and pound again, then pound in one tablespoonful

let the pieces meet over the force meat.

Jellied Turkey

After all the large slices of meat have been removed from a cold, roast turkey, pick off all the small pieces; carefully slice such as are at all thick and trim each piece neatly. Have ready a cold, hard-cooked egg, cut lengthwise into eight pieces, and enough clarified chicken broth or consommé to fill the dish in which the meat is to be molded. For a quart of broth and nearly that quantity of sliced turkey, take half a two-ounce package of gelatine; pour over it a cup



OYSTERS, WITH FORCEMEAT AND HAM

of butter, one yolk of egg and two tablespoonfuls of cream. When the mixture becomes smooth, press through a sieve

of cold broth and, when this is absorbed, add the rest of the broth and let become very hot. Cool the broth. Have ready a

pan with crushed ice and water; in this chill a three-pint melon mold, pour in a little of the liquid broth and turn the mold to coat it. Dip the pieces of egg in half-set broth (aspic) and set them, one at a time, against the mold to form a definite design; with a larding needle take up chilled capers and set them around the pieces of egg, then add a little half-set aspic to hold them in place. When the decorations are held firm in place, add pieces of turkey and half-set aspic, alternately, to fill the mold. Unmold on a serving dish; garnish with cubes of tomato jelly and hearts of lettuce, cut in quarters. Serve French or mayonnaise dressing in a bowl.

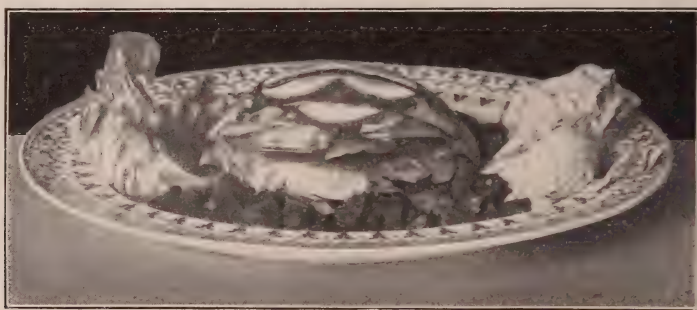
shaping lift up the form of jelly with a broad spatula. Surround with heart leaves of lettuce and Sauce Valentine.

Sauce Valentine

Into one cup of mayonnaise dressing beat two tablespoonfuls of grated horseradish and one teaspoonful of mustard, then fold in one-fourth a cup of whipped cream. Add, also, salt and pepper as needed.

Roasted Leg of Lamb

Remove superfluous fat from a leg of yearling lamb. Pour over some hot dripping and dredge with flour; set to bake in a rather hot oven. Baste every



JELLIED TURKEY

Tomato Jelly

Cook three cups of tomatoes, half an onion, two stalks of celery, two cloves, a piece of red pepper pod, a tablespoonful of dried mushrooms and half a teaspoonful of salt, ten or fifteen minutes, and press through a fine sieve; add one tablespoonful and a half of gelatine, softened in one-third a cup of cold water, and stir until the gelatine is dissolved, then turn into a shallow agate dish. When cold cut in half-inch cubes and use as indicated above.

Tomato Jelly Salad, Valentine Sauce

Prepare the jelly as above; shape in timbale molds or in a thick sheet. If the jelly is turned into one dish, it may be cut into any shape desired with a cutter dipped in boiling water. After

ten minutes, and dredge with flour after each basting. After half an hour reduce the heat and let bake an hour. Turn when half-baked. Serve with baked bananas and brown sauce.

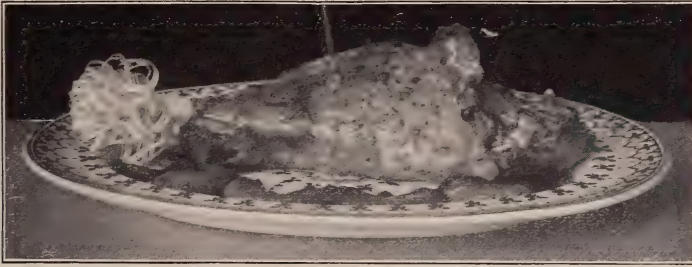
Baked Bananas

Remove the peel from eight bananas and scrape the pulp, to remove coarse threads. In an agate pan melt two tablespoonfuls of butter; in this lay the bananas, pour over them half a cup of sugar, then sprinkle with the juice of one lemon. Let bake slowly, basting occasionally and turning the bananas once, until the bananas are tender and the liquid quite thick and jelly-like. Both the sauce and the bananas will become quite pink in color. The bananas and sauce may be served on the dish with the lamb or in a separate dish, or in individual dishes.

Potatoes, Hongroise Style

Chop a peeled onion and half a green or red pepper very fine; stir and cook in three tablespoonfuls of butter until

ally beat in the nut paste, adding also a little paprika, press the whole through a very fine sieve and use as butter in making sandwiches. The flavor is particularly good.



ROASTED LEG OF LAMB

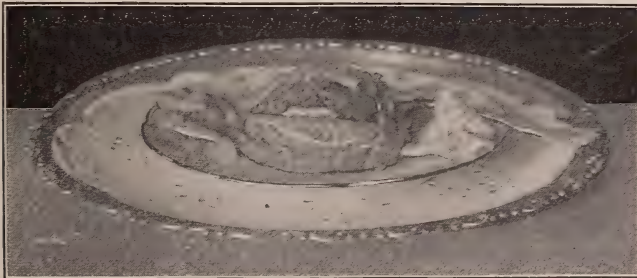
softened and yellowed. Add two peeled tomatoes, from which the seeds have been pressed, cut in thin slices, a teaspoonful of salt, and a quart of cooked potatoes, cut in rather thick slices; pour on consommé barely to cover the potato and let cook until the liquid is nearly evaporated. Stir occasionally but without breaking the slices of potato. Sprinkle with fine-chopped parsley just before removing from the fire. The equivalent of two fresh tomatoes in pieces of tomato taken from a can may be used.

Filbert Butter Sandwiches

Remove the coarse threads on some filbert or hazel-nut meats, chop fine, then

Fruit Salad

Peel a grapefruit and an orange and pull or scrape off all fibrous portions on the outside. With a sharp knife cut down between the membrane and sections of pulp, to take out the pulp in whole sections, perfect in shape and free from all membrane. Set a slice of fresh or canned pineapple on an individual plate; above and a little space from the edge set two sections of the grapefruit, narrow edges toward the center of the pineapple; set sections of orange between the sections of grapefruit, narrow edge downwards. The whole gives the effect of half an orange or grapefruit (in two shades of yellow) above a slice of



FRUIT SALAD

pound with a pestle (in a wooden bowl) until smooth. Cream as much butter as there is of pounded nut meats; gradu-

pineapple. Push two or three heart-leaves of lettuce under the fruit. For each service take one tablespoonful of

olive oil, half a tablespoonful of lemon juice, and a few grains, each, of salt and pepper; into this set a bit of ice, then with a silver fork or spoon work the ice in the mixture until it becomes thick and smooth. Pour over the prepared fruit, which should be thoroughly chilled, and serve at once.

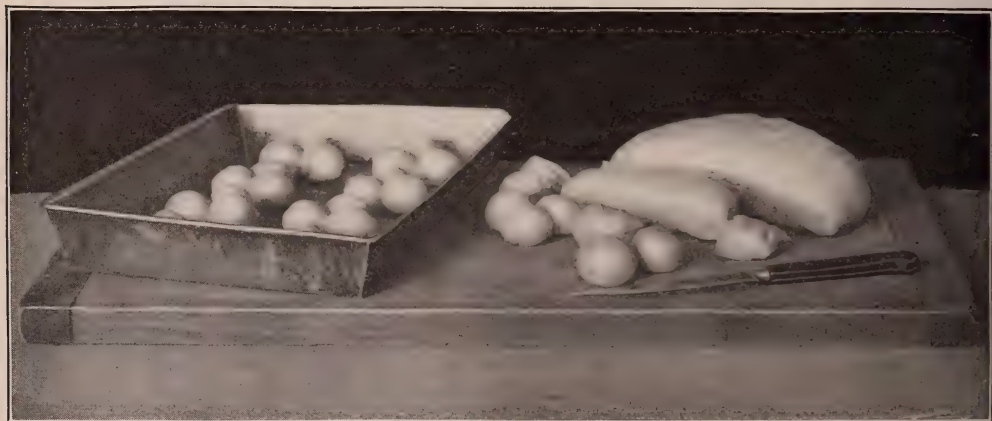
Clover Biscuit

Soften a cake of compressed yeast in one-fourth a cup of scalded-and-cooled milk; mix thoroughly, then add to one cup of scalded-and-cooled milk; stir in flour (rather less than two cups) to make a batter; beat thoroughly, or until perfectly smooth. Cover and set aside

Pistachio Ice Cream

Heat one quart of milk, one cup of double (whipping) cream, one cup of sugar, one tablespoonful of vanilla extract and one scant teaspoonful of almond extract to a lukewarm temperature, (not over 80° F.); stir in one junket tablet, crushed and dissolved in one tablespoonful of cold water, and let stand in a warm place, undisturbed, until the milk jellies, then chill and freeze in the usual manner. When well-frozen tint delicately with leaf-green color paste.

Raspberry Sherbet



SHAPING CLOVER LEAF BISCUIT

to become light. Add three or four tablespoonfuls of melted butter, half a teaspoonful of salt, a level tablespoonful of sugar and enough flour to make a soft dough. Knead until smooth and elastic. Cover and set aside until the mass is doubled in bulk. Cut into strips and then in small bits of equal size; shape these into rounds and set them on a buttered pan in groups of three, to simulate a three-leaved clover. The groups should be a little distance apart. If preferred the groups may be set in the several sections of tin muffin-pans. When very light bake about twelve minutes. Glaze with white of egg or cornstarch paste.

When canning raspberries to be used in sherbets, parfaits, creams, etc., add to them neither sugar nor water, then the juice drained or pressed from the fruit may be used as fresh juice. Boil one quart of water and two cups of sugar rapidly twenty minutes, let cool, add two cups of raspberry juice and freeze as usual.

Pompadour Bombe Glacé

Prepare one half the recipe given above for raspberry sherbet. Use the pistachio cream, well-frozen, to line a two-quart melon mold; fill the center with the frozen raspberry sherbet and set aside an hour or longer in a mixture

of crushed ice with a slight sprinkling of salt.

Meringued Apple Tart



CLOVER LEAF BISCUIT

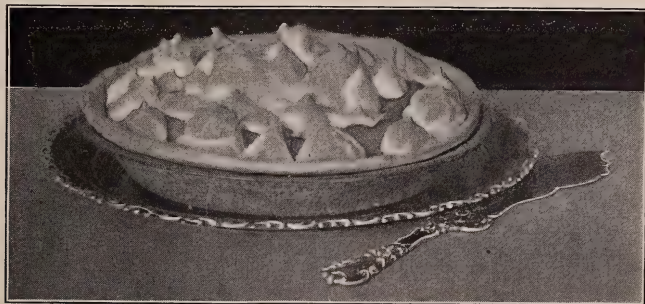
Melba Cup

Prepare a vanilla ice cream after the recipe given for pistachio ice cream omitting the almond extract. Chill some preserved or brandy peaches, half a peach for each service. Also have ready some chilled Melba sauce. To serve put a spoonful of the sauce in a long-stemmed glass; above this set a rounding spoonful of the ice cream; make a depression in the cream for half a peach, hollow side upwards; over this pour a spoonful of the sauce and serve at once.

Melba Sauce

Pour part of the juice from a can of raspberries and reserve for sherbet or other use. With a wooden pestle press

Invert an agate pie-plate; cut a piece of flaky pastry rolled to the usual thickness for pies to fit over the plate. Spread it over the plate, trim the edge as needed, prick with a fork, here and there, throughout the whole surface, that it may not puff unevenly in baking. Set on a tin baking sheet, to avoid burning the lower edge. Bake ten or twelve minutes, or until nicely browned. Remove from the outside of the plate and set in place on the inside. Core and pare six or eight apples; cook them in a cup and a half of sugar and a cup of water, turning often, till tender throughout. Set them in the pastry shell; let one or two apples cook till they are broken and tender, and the syrup is much reduced. Before beginning to cook the apples, put over the



MERINGUED APPLE TART

the pulp from the berries through a very fine sieve. To a cup of this rather thick pulp add a scant three-fourths a cup of sugar (less if the berries have been sweetened) and stir over the fire until boiling. Chill before using.

fire one cup of water, half a cup of sugar, juice and grated rind of one lemon, two tablespoonfuls, each, of chopped raisins, candied cherries, candied pineapple and blanched almonds, and let simmer until ready to use. This

mixture is to be set in the hollows of the apples. Beat the whites of three eggs until dry; then gradually beat in three rounding tablespoonfuls of sugar. Pipe the meringue over the filling in the apples and around the apples, leaving the outlines of the apples in sight, as an aid in cutting the tart for service. Dredge the whole with granulated sugar. Set into a moderate oven; after ten minutes, increase the heat to tint the meringue a delicate brown. Serve when cooled a little.

Charlotte Russe with Jelly Roll

Line the bottom and sides of an oval Charlotte mold with thin slices of sponge jelly-roll. Soften one and a half tablespoonfuls of gelatine in one-third a cup of cold milk and dissolve in one cup of scalded milk; add a scant half-cup of sugar and stir until dissolved, then add one teaspoonful of vanilla and three tablespoonfuls of sherry wine and stir over ice and water until the mixture begins to thicken, then fold in one cup and a half of cream, beaten very light

cloth or waxed paper, trim off the four edges, spread with a glass of jelly, beaten smooth, and roll at once. Roll in the paper or cloth and set aside.

Lord Baltimore Cake

The ingredients are: Half a cup of butter, one cup of sugar, eight yolks of eggs, half a cup of milk, one cup and three-fourths of flour and four level teaspoonfuls of baking powder. Mix in the order given and bake in three layers. Put together and cover with the following mixture: Boil one cup and a half of sugar and half a cup of water to 238° F., and pour in a fine stream on the whites of two eggs, beaten dry; then add half a cup of macaroon crumbs, half a cup of nut meats, one-third a cup of candied cherries, cut fine, and half a teaspoonful, each, of orange and vanilla extract.

Chocolate Brownies

Put one cup of sugar in a mixing bowl; beat into it one-fourth a cup of melted butter; break in an egg and beat



CHARLOTTE RUSSE WITH JELLY ROLL

but not dry. When the mixture holds its shape, use to fill the prepared mold.

Sponge Jelly Roll

Beat three eggs until light, gradually beat in one cup of granulated sugar, the grated rind of one lemon and one cup of sifted pastry flour, sifted again with one level teaspoonful of baking powder. Bake in a shallow biscuit-pan about fifteen minutes. At once turn upon a

in thoroughly, then add two squares of chocolate (melted over hot water) three-fourths a teaspoonful of vanilla, half a cup of flour, half a cup of walnut meats, broken in pieces, in the order named. Spread the mixture evenly in tins about seven inches square lined with buttered paper. Bake about half an hour. Turn from the pan and *at once* remove the paper and cut into oblong pieces.

Menus for a Week in February

"In the development of flavor, lies the secret of good cooking, and in the enjoyment of it the art of wholesome eating." — Henry T. Finck.

SUNDAY

Breakfast

Sliced Bananas, Cereal, Thin Cream
Corned Beef Hash, Horseradish
Rye Meal Muffins Coffee Cocoa

Dinner

Roast Guinea Hen Boiled Rice
Sweet Potatoes, Southern Style
Sweet Pickle Jelly or
French Endive Salad
Charlotte Russe with Jelly Roll
Half Cups of Coffee

Supper

Chipped Beef with Scrambled Eggs
Buttered Toast
Pineapple Tapioca Sponge
Cream and Sugar Tea

WEDNESDAY

Breakfast

Boiled Rice, Cream
Scrambled Eggs or French Omelet
Baked Potatoes
Baking Powder Biscuit
Marmalade, Coffee

Dinner

Swiss Steak
Baked Potatoes, Squash
Chocolate Éclairs
Half Cups of Coffee

Supper

Oyster Stew
Ripe Olives, Gherkins
Cream Cheese
Baked Apples, Toasted Crackers

MONDAY

Breakfast

Oranges
Broiled Ham
White Hashed Potatoes
Fried Mush
Coffee Cocoa

Dinner

Hashed Guinea Hen on Toast
Kornlet Custard
Lettuce, French Dressing
Apple Pie
Half Cups of Coffee

Supper

Rice Croquettes, Cheese Sauce
Sliced Pineapple

THURSDAY

Breakfast

Oranges or Baked Apples
Sausage, Buckwheat Cakes
Buttered Toast
Coffee Cocoa

Dinner

Rabbit Pie
Cabbage Salad
Baked Apples, with Meringue
Half Cups of Coffee

Supper

Succotash
Hot Yeast Rolls
Squash Pie
Tea

TUESDAY

Breakfast

Cereal, or Oranges
Eggs Cocotte, in Giblet Sauce
Coffee Cocoa

Dinner

Finnan Haddie Baked in Milk
French Fried Potatoes
Spinach
Baked Apples, with Meringue
Honey Cookies
Coffee

Supper

Poached Egg on Toast, Cream Sauce
Stewed Prunes
Honey Cookies
Tea

FRIDAY

Breakfast

Oranges
Salt Codfish Balls, Horseradish
Baking Powder Biscuit
Doughnuts Coffee Cocoa

Dinner

Stuffed Fish Baked in Paper Bag
Scalloped Potatoes
Creamed Cabbage
Apple Pie Cheese
Half Cups of Coffee

Supper

Gnocchi à la Romaine
Apple-and-Celery Salad
Bread and Butter
Honey Cookies Tea

SATURDAY

Breakfast

Bacon Cooked in Oven
Eggs in Shells
Fried Mush, Caramel Syrup
Buttered Toast
Coffee Cocoa

Dinner

Clam or Fresh Fish Chowder
Mince Pie
Coffee

Supper

Kornlet Fritters
Bread and Butter
Stewed Prunes
Tea

Formal Luncheons and Dinners in February

"Few men abandon or get a divorce from a woman who is a good cook."

LUNCHEONS

I

Salpicon of Fresh Fruit
Farced Oysters, Fried,
Tomato Mayonnaise
Olives Gherkins
Lamb Chops, Maintenon
Baked Bananas
Gnocchi à la Romaine
Toasted Muffins
Charlotte Russe, with Jelly Roll
Coffee

II

Kornlet Soup, with Whipped Cream
Fried Oysters, Sauce Tartare
Guinea Hen en Casserole
Lettuce-and-Hot House Tomatoes or
Tomato Jelly, French Dressing
Clover Leaf Biscuit
Orange Sherbet
Almond Wafers
Coffee

III

Oyster Soup
Olives Gherkins
Lamb Chops, Broiled
Baked Bananas
French Fried Potatoes
Apple Tart Cream Cheese
Cocoa, with Whipped Cream

DINNERS

I

Aspic of Oysters, Russian Style
Brown Bread Sandwiches
Consommé à la Royal
Fried Fillets of Fish, Sauce Tartare
Cucumbers, French Dressing
Sweetbread Timbales, Bechamel Sauce
Peas
Guinea Hen, Roasted, Rice Croquettes
Virginia Ham, Baked
Fresh Mushrooms under Glass Bells
French Endive Salad
Cup Melba
Coffee

II

Aspic of Oysters, Russian Style
Clear Green Turtle Soup
Ripe Olives Salted Almonds Radishes
Halibut Mousseline, Lobster Sauce
Cucumbers, French Dressing
Saddle of Lamb, Roasted
Mashed Potatoes, Mint Sauce
Hot Turnip Cups, with Peas,
Bernaise Sauce
Fruit Salad
(Pineapple Grapefruit and Orange)
Neapolitan Ice Cream
(Coffee, Raspberry, Orange Sherbet)
Coffee

III

Grapefruit, Bar-le-duc
Consommé Renaissance
Lobster Cutlets, Sauce Tartare
Fillet of Beef, Mushroom Sauce
Scalloped Potatoes
String Beans
Chicken-and-Celery Salad
Pimento Decoration
Plain Charlotte Russe, Wine Jelly
Pineapple Sherbet
Bonbons Salted Nuts
Coffee



Emergency Service

*Serving Large Numbers Where Time is a Considerable Factor, as in Schools
Institutions, Church Suppers, Etc., Etc.*

By Janet M. Hill

Tables

FOR the kind of service indicated in the foregoing heading guests can be waited upon more advantageously when seated at one or two long tables than at small tables. A silence cloth is not often available, and thus the damask is draped over the bare table. As a suggestion that ought to meet favor, when a new outfit is under consideration, we would call attention to the possibilities of small rectangular tables (of a size suitable for four or six persons) finished with glass tops over an inexpensive board upon which a figured cretonne is spread. Of course the cretonne should be of delicate tints; perhaps the most satisfactory are light green, shading to peacock colors, with perhaps a little gray or coachman's drab. These tables are commended, because, once installed, there is absolutely no expense for renewal or laundry save for napkins. The glass top should be made of a size to come flush, on all sides, with the edge of the cloth-covered board that forms the foundation for the glass. In serving large numbers these tables may be set close together, to form one or two large tables.

Laying the Table

The "covers" should be laid in the

same manner as previously indicated in these pages. If it be necessary to have the table laid an hour or two in advance, the individual butter dishes and the glasses for water, for obvious reasons, should be set upside down.

Typical Menu for Emergency Service

(One waitress for each ten or twelve guests)

COURSE I

Consommé with Macaroni Rings
Bread Sticks Olives Radishes

COURSE II

Roast Lamb, Mint Sauce, Brown Sauce
Potatoes Browned with the Meat
Mashed Turnips
Lettuce, French Dressing

COURSE III

Cottage Pudding, Strawberry Sauce
Coffee

The Cover

Each cover calls for soup plate in center of cover, soup spoon, knife (for second course) at right of cover, glass for water at tip of knife blade, small butter-dish at left of glass; fork for dessert, fork for second course and napkin at left of cover. When the time for serving the meal arrives; the glasses should be filled with water, butter set on the individual plates, a tablespoonful of macaroni rings be disposed in each soup

plate and over it about three-fourths a cup of soup be poured. The soup should be poured from an agate pitcher. Three bread sticks should also be disposed above each plate; these things being done, dinner should be announced.

Serving the Soup and Relishes

If preferred and plates are available, a dinner plate may be set beneath the soup plate and after the eating of the soup be removed with it. To insure hotter soup, this course may not be brought to the table until the guests are seated. Then the waitress brings in filled soup-plates on service plates, one in each hand, and sets them down from the right. This use of the service plate is to be commended when two soup plates are brought in at the same time; by this means the hand does not come in contact with the edge of the soup plate, a point to be desired when one considers how difficult it is to carry even one plate on a level. And in this case the waitress carries two plates.

The olives and radishes add to the attractiveness of the table and, chilled and crisp, may be set in place at regular intervals down the center of the table just before the water is poured. Guests may help themselves to these relishes and pass them on to their neighbors, or the waitress, after serving the soup, may pass them on a tray to the left of each guest, and then return the dishes to their places on the table. The soup plate, or soup and service plates are removed, one in each hand.

Serving the Second Course

Passing out with two soup plates, the maid returns with two plates, one in each hand, holding a thin slice or slices of meat and a browned potato, these are set down before the guests whose soup plates have been removed. This is repeated until all are served, then the mint and brown sauce are passed on a tray to the left of twenty or twenty-four guests and the waitress, relieved from this duty,

follows with the turnip, on a tray or on a folded napkin on the hand, and presents it to the left of each guest. The plates of dressed salad are brought in, one in each hand, and set down at the upper right hand of each cover. A salad served with a roast is eaten with the fork provided for the roast. The second course having been served, opportunity is offered to replenish supplies of water, bread, butter, or any item included in the second course. When the second course is finished, the salad plate and the course plate, one in each hand, are removed in order; the dishes of relishes and the salt and pepper bottles are removed on trays, and the table is freed of crumbs.

Serving the Sweet Course

In crumbing the table note that each cover is supplied with a dessert fork, and, when crumbing is finished, if through any inadvertance forks are needed, set them in place, using tray, even if it be for a single fork. Bring in the pudding, dressed with sauce, a plate in each hand. After all have been served, additional sauce *may* be passed on a tray to the left of each guest. Bring coffee spoons on a tray and set one at the right of each guest; bring in the cups of coffee on a tray, and set them at the right, between the dessert plate and the coffee spoon. Pass sugar and cream on a tray to the left of each guest. Fill the glasses with water.

Variations of This Service

A fruit or oyster cocktail sometimes takes the place of the soup or is served before it. This should be in place when dinner is announced. If served before a soup, remove the plates holding the cocktail glasses, one in each hand, and return with soup plates on service plates, one in each hand; repeat until all are served.

Salad as a Separate Course

Often the salad, as lettuce, celery,

endive, etc., is not served with the roast, but as a course by itself, with cheese, pulled bread or toasted crackers. In this case bring in a plate of salad in each hand and repeat until all are served. Then bring in the cheese and crackers on a tray and pass them to the left of each guest. If a hot cheese dish, as a soufflé, or cheese balls cooked or disposed for service on one dish be passed, the portion taken should be upon the salad plate. Hot cheese in individual dishes should be brought in on small plates and the salad on separate plates. It is immaterial whether the cheese or the salad be first served. The salad fork suffices for the course.

Choice of Desserts

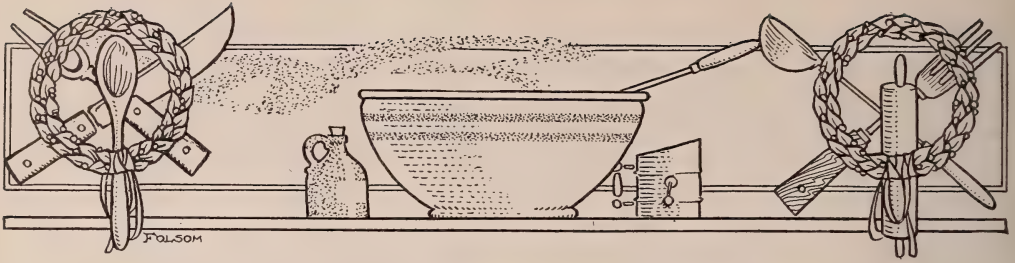
When a choice of desserts, as pudding, or pie, a hot or a cold sweet is provided, the waitress names the two desserts, and being informed as to the articles desired by two guests, returns with a plate in each hand, and continues in the same manner until all are served. If the table be laid with forks for the dessert course and a spoon is required, the two plates with the silver needed may be brought in on a tray; set the silver in place, then set down the plate of food. Proceed in the same manner, if any guest wishes both articles provided for the sweet course.

Serving Typical Menu with One Waitress for Each Fifteen or Twenty Guests

The details of "the cover" are the same as in the first case, but relishes and soup should be on the table when dinner is announced; the service plate should be discarded and the soup plates supplied with soup from a pitcher. Guests will help themselves to the relishes and pass them to their neighbors. To clear the table, remove the soup spoons to a tray and take all from the room at once. Returning, set the plates from five covers, one above the other

on the tray; take these from the room and return for five more plates; continue until all are removed. Then bring in two plates prepared for the second course, with meat, potato and turnip, and set them down from the right; bring in the two sauces on a tray, take them from the tray and set down at the left of the first one served; this individual should help himself and pass on the sauces; return for two plates of meat, etc., until all are served; then bring in three plates of dressed salad on a tray, and, having set them down at the upper right hand of the several covers, bring in other plates until all are served. Clear the dishes of this course from the table in the same manner as in the first course. The silver on a tray, then the salad plates, five at a time, then the dinner plates, five at a time. Bring in the sweet course on a tray, three plates at a time. In clearing the table, first remove the silver on a tray, then the plates, five at a time. This number of plates to be removed at a time, is suggested because with that number the tray does not look overloaded, and that number can be carried with little risk of accident. If the ware be thin, six, or even seven, plates could be carried with ease. But in no case should the tray be, or appear, heavy.

In serving after dinner coffee, the spoons, brought in on a tray, should be set down at the right; four or five cups and saucers may be brought in on a tray, and set down at five different covers, between the spoon and the plate, holding the sweet course. Continue until all are supplied with cups. Now bring in the sugar and cream and set them down at the left of the first one to be served. Return for the coffee pot, which should be brought in on a tray and set down on the serving table at the side of the room. Take the coffee pot from the tray and fill the cups. The sugar and cream may be passed by the guests.



Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XVII

Bread, continued

AFTER studying the various materials of which bread is made, we are ready for the process of preparation. Sometimes it is better to begin with the preparation, but this must be decided by the teacher in each individual class. If bread be made by the teacher as a demonstration, along with the experiments, it may be best to begin with these, as we have seen.

Since bread requires at least five hours for the whole process, from start to finish, it is plain that few classes can "set" and "bake" bread in the same lesson. Bread for a baking lesson must be prepared by the teacher or by a previous class, while the bread which is started must be baked by the teacher or another class, or must be carried home by the maker, after she has gained enough knowledge to enable her to bake it by herself. Permission to take the dough home is usually met with enthusiasm. Small, new paper-bags, well-floured inside, are the best means for carrying it. A report concerning the success achieved in baking should be given at the next lesson, or a small portion of the finished bread may be brought to show to the teacher, if possible.

Encourage the class to prepare bread at home and let the pupils see that all bread recipes are similar, so that if their mothers prefer a different proportion of sugar and fat, the use of some other fat

instead of butter, etc., it is still necessary to use the same precautions, and possible to mix by the same method. Credit for good results should be given, whether the home or the teacher's recipe be followed.

2 cups of liquid (milk or water or part of each)	sugar
1½ tablespoonfuls of butter	2 teaspoonfuls of salt
1 tablespoonful of	1 yeast cake in 3
	tablespoonfuls of lukewarm water
	About 6 cups of flour

1. Scald the milk, or boil the water.
2. Put the butter, sugar and salt into a bowl and pour the hot liquid over them.

(What is the advantage of this?)

3. Soften the yeast in the lukewarm water.

(Why must it be lukewarm?)

4. Cool the liquid, butter, etc., until lukewarm, then add the softened yeast.

(Would it be worth while to take pains about the temperature of the water used in softening the yeast and then add it to any hot liquid? Which would be worse, to have the liquid too hot or too cold? What is the effect of too much cold?)

5. Add the flour very gradually, cutting in the last of it with a knife and being careful not to make the dough too stiff.

(What is the harm in using more flour than necessary?)

6. Place the dough on a slightly floured board and knead lightly until smooth and elastic. It is possible to omit this kneading altogether and to cut or chop the dough, instead, so thoroughly that it does not require mixing by hand on the board. This first kneading is to distribute the yeast and to complete the process of mixing.

7. Put the dough back into a clean bowl, buttered a little. Let the dough stand in a warm (not hot) place, covered close, until it has doubled in size.

(Why must we put the bread in a *warm* place? Why must it be covered? Give two reasons.)

8. Place again on a floured board and knead until there are no large holes to be found in the dough.

The second kneading is a process of distributing more evenly the bubbles of gas that have formed during the rising of the bread, by the action of the yeast. If they are left large, they are likely to cause the unsightly and inconvenient raggedness that we sometimes see in bread.

9. Shape into any desired form—biscuit, rolls of any sort, or a loaf; then set to rise as before, until double in size.

10. Bake, with time varying according to the size of the loaf. Rolls and biscuit require less time and a hotter oven than bread. (Why?)

Rolls and biscuit, bake about 20 minutes.

Bread, bake for 45 to 60 minutes.

11. Cool the bread quickly, in a draft of pure, cool air.

12. Keep the bread in a dry, clean jar or box.

Rolls of different kinds may be made from this dough, or a sweeter, richer mixture may be prepared for them, by adding more sugar and butter. When the dough has risen sufficiently the first time, it may be put on a floured board, kneaded and then made into either Cinnamon Rolls or Parker House Rolls.

Roll the dough into a sheet about one-half an inch thick and spread with butter that has been creamed. This is done by rubbing the butter with a spoon or knife until it is soft, instead of melting it. Sprinkle with sugar and cinnamon, mixed together. Use about two tablespoonfuls of sugar to one-third a teaspoonful of cinnamon. Roll up the dough like a jelly-roll and cut into slices, about three-fourths an inch thick. Lay in a buttered pan, with the cut sides up. Let them rise to double size and bake, according to the general rule. They may be brushed with milk or with sugar and water before baking.

Parker House Rolls

Roll the prepared dough as in making Cinnamon Rolls. Cut with a biscuit cutter and make a crease a little to one side of the diameter of each roll. Spread the smaller side with a slight layer of creamed butter and fold together, pressing the edges rather firm. One side should be a very little larger than the other, and the rolls should be placed in the pan, with the smaller side down, so that they may be well-shaped after they are risen. Let rise slowly to double in size, since rapid rising makes them less shapely. When they have risen enough, bake by the general rule.

Whole wheat bread and graham bread are prepared from flour, which contains the finely-ground outer coating of the wheat seed. Graham flour is made "by crushing and grinding the whole kernel at once, without bolting or sifting. Whole wheat flour is not so coarse as graham nor so fine as white flour." It contains the whole of the wheat grain, without the outer covering of bran, if it is made upon honor. Much so-called "entire wheat" flour is made by mixing an inferior white flour with some of the germ.

Graham and entire wheat flours have been considered, in the past, more nourishing than white flour. In the light of present investigations, it would appear,

Cinnamon Rolls

however, that this is not the case. The digestibility of white flour is greatest, that of graham least, with the entire wheat standing between. Some conditions of the digestive tract may make the use of one more valuable than another. Graham and entire wheat flours may be used as laxative food, yet this very property may make them, sometimes, less nourishing. It is well to remember that variety in bread is just as attractive as variety in any other kind of food, and that the "staff of life" may prove more supporting and comforting, if it be offered in different forms. Variety is attractive to the eye and tempting to the appetite, so that, in the end, it aids digestion.

Entire Wheat Bread

2 cups of scalded milk	$\frac{1}{2}$ a tablespoonful of salt
$\frac{1}{2}$ a cup of molasses	1 yeast cake, in 3
About 4 cups of entire wheat flour	tablespoonfuls of lukewarm water

Scald the milk and add to it the molasses and salt. Cool until it is lukewarm, then add the yeast, softened in the water. Add the flour and beat well with a knife or spoon. Let it rise as in the rule for white bread. (How long? In what sort of a place? How protected?) Beat again, pour into gem pans which have been thoroughly buttered, let rise again and bake.

Graham Bread

Use the same recipe as for entire wheat bread but substitute for the entire wheat flour two cups of sifted graham flour and two of white flour.

(If these breads seem too tough, what might be added, as in the white bread recipe? What might be substituted for the molasses?)

The oven heat is right for bread, if a piece of white paper, laid on the floor of the oven, turns a light yellow in about three minutes. For biscuit the paper should scorch to a deep yellow or brown, in the same time. The time of baking

may be divided into quarters, and during these intervals the following changes should take place.

I. The articles should rise.

II. The articles should go on rising and begin to brown.

III. They should finish browning.

IV. They should shrink from the sides of the pan and become seasoned through, so that they may not be soggy in the centre.

Bread is baked for the following reasons,—

I. To cook the starch.

II. To expand the gases and harden the cells.

III. To kill the yeast plants and prevent any more growth and change in the bread substance.

IV. To evaporate the alcohol, which has been formed in the process of fermentation.

V. To brown the crust.

(How great heat is needed to kill the yeast? To what temperature must the whole loaf be raised in order to cook the starch?)

After bread is baked it must have good care or it may, even yet, "spoil" or become moldy by keeping it in too warm or moist a place. It is not well to wrap it in a cloth, but let it cool rapidly, in fresh air. Jago gives an instance in which two loaves, identical in every way, were cooled, one quickly in pure air, one slowly in a crowded, ill-ventilated room. The former was sweet and good while the second became sour.

Good bread has been, in the past, chiefly a bread of good appearance; of even, fine grain and of creamy white color. Lightness and a sweet, pleasant flavor have also been demanded. These are all desirable qualities, but they must not be secured at a sacrifice of the more important nutritive properties of the bread. The ideal bread of the future will be judged, as well, by its wholesomeness, and by the conditions surrounding its manufacture and distribution.

Everyday Laundry Work

By Louise E. Dew

TO state clearly and compactly the essentials of successful home laundering takes "judgmatical" thought,—for several different fabrics, each requiring a distinct method of treatment, make up the usual family washing.

Abundant water, hot and cold, filtered at the faucets, if possible, pure soap, a laundry equipment kept ready for use without delay for tinkering, and a clean, airy place for drying, are indispensable. Lines and clothespins must be scrupulously clean.

Careful sorting is the first step. Mend, and take out stains beforehand, wherever possible. Lay flannels, colored cottons, and stockings aside in separate piles. Unless extremely soiled, these should be washed without preliminary soaking. If it is absolutely needful, use clear, tepid water for colored articles; tepid suds for flannels.

Divide white body clothes and house linen in three piles. Division one: clothes heaviest and most soiled. Division two: smaller pieces and ones less soiled. Division three: little fine articles, handkerchiefs, collars, and whatever is tumbled, rather than dirty.

Dissolve good soap powder or shaved laundry soap in hot water, on the back of the stove, to be ready for the soaking. Hot water is apt to set dirt, but soaking in cold or lukewarm water loosens it; therefore half-fill the tubs (one for each division of white clothes) with lukewarm water and enough melted soap for strong suds. At the bottom of its tub put the most soiled articles of each class, and those less so on top. Very soiled spots should have a rub with soap. Overnight soaking is good, and saves time in the morning; but even an hour's bath in strong warm suds is better than no soaking.

When ready to wash, dissolve more soap for use in boiling clothes. Wring out clothes of divisions two and three, i. e. those only moderately soiled. Empty and rinse tubs, and half-fill with fresh hot water. In one of these put articles from division three, and wash, soaping where required. Dip each piece up and down, as washed, and wring into the second tub of clear water. The boiler should be waiting on the stove, half full of cold, soapy water. Wash articles through second tub, as through first,—wring, soap, and drop into boiler. When boiler is fairly full, or has in it all of division three,—set over where it will come to scalding point,—keeping clothes under water by pressing with a clean stick.

In the meantime, put clothes of division two through the two waters, soaping and rubbing well, and wringing thoroughly. When division three is well scalded, lift out into a tub of clear cold water, rinse thoroughly, and wring into another tub of tepid water, in which is enough bluing to show light-blue when dipped up in the palm. Wring from this, and hang out to dry.

During this, division two is scalding. Put through same process. Follow up with division one, taking fresh water whenever needed. It pays to give gray-looking articles two rinsings before final blueing. Having plenty of water, and but few clothes in the tub at a time, is the secret of clear white house and body linen. Soap-streaks, not thoroughly rinsed out, will result in yellow patches, apparently scorched, when clothes are ironed. Out-door drying means purity and sweetness.

Flannels should be washed through two lots of warm white-soap suds, and rinsed in water exactly the same in temperature. To this latter a little powdered

borax should be added. Speed counts when doing flannels. Wet only a few pieces at a time. Hang out to dry at once. Never rub or wring flannels hard with the hands. Never wash colored flannels or stockings in water previously used for white ones. The lint invariably sticks and shows.

Stockings should be turned inside out, shaken well, washed through good suds and well rinsed,—then dried at once.

Colored cottons should be washed quickly in strong warm white-soap suds, and put through two rinse waters. Salt in these will prevent colors running. Starch before drying with thin, cold, smooth cooked starch, wring out, and dry in the shade.

Wash woven and other silk garments in tepid white-soap suds, with a little borax. Rub with hands; not on the board. Rinse twice, half-dry, then roll in a clean old sheet for an hour, before ironing.

For starching skirts, dresses, etc., allow a tablespoonful of dry starch to twice as much cold water, and a pint of *boiling* water. Wet starch with cold water, gradually add the boiling water, stirring well over stove until clear. It should cook about ten minutes. Parafine the size of a pea, and a pinch of borax, added to this, make ironing easier. A drop of bluing can also be added. Strain while hot. For collars

and cuffs of shirtwaists, double the proportion of dry starch. Rub the starch well into these latter, wring out, and dry quickly. White clothes should be dried in the sun; colored ones in the shade.

Even folding and fine, even sprinkling make ironing easier. All cottons and linens iron better if dampened and rolled tight for an hour or so beforehand. *But*—if in haste to get at ironing, use hot water for sprinkling. Dampen bed-linen and body-clothes slightly,—table-linen thoroughly. Flannels should be ironed as soon as dry. Starched articles, when bone-dry, should be well sprinkled and rolled in a clean cloth for a couple of hours, before ironing.

Irons should be smooth and clean, and the ironing board thickly and smoothly padded, under the muslin outer cover. Waxing and wiping irons before letting them touch starched articles help to prevent sticking.

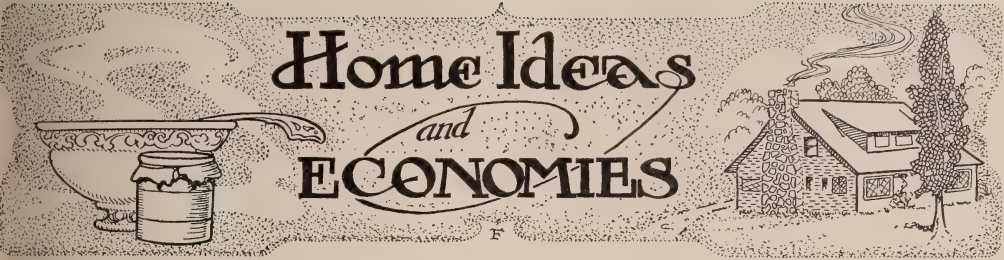
Iron hems and edges evenly and straight. Dampen wrinkles and iron out smooth. Perfect ironing is a matter of care, practice, and of not getting flustered. It is a real art; and as in all arts,—until mastery is gained, steady attention must be put on it; and facility comes with conscientious persistence.

Have plenty of bars or clothes-line on which to hang the ironed linen to air thoroughly, before final folding down and putting away.

A Valentine

By Lalia Mitchell

She's such a little Lady
 This Lady that I know;
 I wonder as a Valentine,
 What gift can I bestow.
 She wants not painted lilies,
 Nor words in poems said;
 And if I sent her roses
 She would not turn her head.
 She does not care for bon bons
 This dainty winsom Miss;
 So here, you month old treasure,
 I give you just a kiss.



Home Ideas and ECONOMIES

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Make Cleaning Easy

HAVE plain casings—when you have the choice.

Finish wood work with a good coat of Spar varnish, which can be cleaned by wiping with a damp cloth.

After cleaning the shelves and inside of pantry drawers, give a coat of varnish or enamel, and they will clean as easy as oilcloth.

This same method is excellent respecting closets and bureaus in every part of the house.

Cover work tables and shelves with oilcloth or zinc or something that does not require scouring.

Keep some folded newspapers handy upon which to place soiled pots and pans, and save cleaning smutty rings from the tables.

Use light-weight rugs on painted floors for ordinary purposes. Dust the floors with a damp mop. Hang out such rugs in a brisk wind and the shaking is done for you. If thin rugs refuse to stay in place, sew a strip of velvet along the under edge.

Avoid open shelves in kitchen or pantry; have at least a curtain to keep out the dust. A window shade of the right size is liked by many.

Place the pretty china in a glass cupboard away from dust rather than on open shelves.

Keep the kitchen furniture smooth and easy to dust.

Try setting the lamps in a cupboard during the day instead of on an open

shelf, and see how much longer they will keep clean.

These seemingly little things count much in the day's work.

The Things We Neglect

One of the finest old ladies I ever knew has done a world of good in her own city by attending to the little things most people neglect. Absolutely nothing in her modest home was ever wasted.

She hunted out lonely young men and women and poor children who were thankful for magazines and papers, then she saw to it that they received every copy before it was out of date. The children were glad to come to the house for delightful children's papers, and she managed to see the others in some way.

No article of clothing was ever laid away, when it was no longer used by her own family. It was cleaned, repaired and given at once to some needy person.

All such articles as pieces of furniture, bedding, and household utensils, when replaced by something better, were put in good condition and given to some appreciative person.

These were only little things, because she had to practice economy in her own home, but she has done much good and gained the love of many people by utilizing what goes to waste in most households.

Now that she is too old to superintend her charities, she loves to preach her doctrine to her young friends.

"Why," she always says in her energetic way, "it isn't even in the interest

of good housekeeping to have your house cluttered with such things. Time? Yes, it takes time, of course, but not nearly so much, believe me, as it does to handle over all these things that crowd your closets and storerooms and attics, year after year.

"Just try it and see!"

Learned From Men

Have you ever noticed how easy it seems for most men to do an accustomed household task? The average woman can learn some valuable lessons from men who are skilled in any branch of housework, even though we hate to admit it.

The most important is the mental attitude of the worker. The chef goes to his task in the same cheerful, business-like way he would go at any other work; he does not look down upon his occupation.

He uses machinery whenever possible. The food-chopper supersedes the chopping bowl. When he uses a chopping knife it will be one having two or three knives, so that the work is quickly accomplished. He keeps his knives sharp by having a place to keep each by itself.

Conservation of motion is almost an art with him. He keeps all materials for cooking conveniently placed, to save steps. He has many inexpensive conveniences such as measuring cups, rotary cutters for biscuits, doughnuts and cookies, egg-beaters that do not spatter or slide, machines for stoning cherries and raisins, and fruit parers—and he uses them.

If he is cutting celery for a soup or salad, he places all the stalks evenly on a table or slab, holds them in place with his left hand, and with one movement of a long, sharp knife cuts across every stalk. If he is dicing potatoes, he marks off the top of the potato into squares with his knife, and each slice then separates into the correct-sized pieces with one motion. If he has to slice tomatoes or cut meat, he lets it stand on ice a short

time, because the work is then done more rapidly and neatly.

In paring such unwieldy things as pineapples, pumpkins and squash, he first cuts it in rather thin slices, when the work is finished quickly and easily.

Dishes are placed in wire baskets after washing, and are either submerged in a receptacle of hot water or have the water poured over, thus saving the handling of every dish. Wire baskets are, also, used for frying in deep fat, and hasten the work. He gets tins to fit the oven for baking cookies and small cakes, so that a large quantity are done at once.

I wonder how many women are able to boast of giving attention to these seemingly little things? It isn't superior strength that makes men excel woman at her own work; it is rather the use of business methods and common sense.

G. L. S.

* * *

Caring for Pianos

IT was a "piano man" of more than local reputation who revealed the composition of the liquid used by the best authorities in the trade for removing the effect of "bloom" from the polished dark wood of a piano. "To a cup of water add half a cup of turpentine," he advised, "and mix with it half a teaspoonful of alcohol. It may seem a simple sort of prescription, but its use will take off the cloudy look without fail. Moisten a soft cloth with it, and go over the surface, then wipe and polish with another soft, dry cloth." It was by watching his method, too, that a valuable hint was taken, with regard to cleaning the keys. Instead of poking at the narrow spaces at the back of the keys, with sensitive finger tips, and thereby acquiring many small bruises, he lowered the cover of the finger board slightly, and held it so with his left hand, so as to open the part of the keyboard at the back of the black keys, and used duster or chamois with perfect ease. Water with a very little pure alcohol in it is the

best thing for washing the ivories, but do not let the exposed wood, farther back, be dampened. Lastly, our "piano man" had a splendid, large, strong bellows, with which he blew out the dust from under the wires, instead of trying to poke a cloth under them. "A word to the wise —."

Packing China

"It isn't always the easiest thing to get hold of a little excelsior for packing up a bit of delicate china, if you happen to live far away from stores. And then, it isn't very sightly stuff to unpack, at the best. Crumpled paper hasn't much advantage. Who wants to open a present, and have the advertising pages of some old magazine be the first thing that comes to view? Yet whatever one does use has to be something that will prevent hard knocks and jolting from reaching the delicate porcelain or glass inside the box. "Is there any better material?"

"Surely!" said the Little Wise Lady. "The cheapest quality of common cotton batting, cotton-wool some people call it, will serve your purpose admirably, for it is springy and elastic, and clean. I'd always advise anybody who is packing anything like small bits of glass, china, or even silver, to roll each piece, first, in tissue paper of some distinct color, or in white, with bright colored string to tie it. That small precaution may save your having to hunt through ash-barrels or waste heaps for some missing bit that has been thrown out with the packing, or rather, *unpacking*. If the one receiving the package knows that all the pieces due her, or him, will be found wrapped in dark red, or in blue or lavender, much anxiety will be saved. Then, it's not easy to lose anything in cotton-batting, as it is often done with excelsior. It can be stuffed in firmly around the cup or pitcher or vase, and you can rest assured that you have given your gift the best possible protection."

Freshening Up

The knowledge that lettuce, even when badly wilted, can be brought to a state of comforting crispness again, by judicious treatment, has saved the anxious housekeeper many a quest through corner groceries, or a hurry-call through the telephone, for a fresh supply. The method has been given such thorough testing, that it can be recommended with all confidence. The discouraged salad-stuff should be given a bath in cool water, then, all superfluous drops being gently shaken off, it is put in a tin can or small pail, that can be tight-covered with a close lid. Then the can must be put in the coolest possible place for an hour or two. Over and over again, after this procedure lettuce has been taken from the can in perfect condition for using at once. Of course, it should be kept covered until just a few moments before it is to be served. If possible, have the can or pail next to the ice; but if no ice is available, try setting it in a pan of running, cool water, with a wet cloth over the top of the can, and a weight to keep it from "floating up" and tilting over.

Many, who have proved this "kink" in the case of lettuce, have yet to be told that it works with like charm in the case of parsley that lacks the crispness desired when it is to be used as a garnish. A good receptacle for either vegetable is an empty coffee tin,—one or two-pound size, which has been scalded to fresh odorlessness, and is kept for that one purpose.

Mending Knacks

THE young housekeeper who has been taught to make good bread and plain cake, to roast and stew meat and to find no mysteries in the preparation for the table of chickens, fish and vegetables,—may yet be entirely ignorant of the most sensible and appetizing methods of using odds and ends, and have to invent ways for herself, finally arriving at mastery by rather expensive

roads. In the same way, a young girl may have been taught by a wise mother to do her own sewing, so far as cutting out and making simple garments is concerned. She may know how to seam and hem, to use a sewing machine and to make creditable button-holes, but one will find her quite at a loss when it comes to the weekly mending, using heavy sewing cotton to fill in the holes torn in napkin or table-cloth, and dark blue yarn on her good man's pale azure socks. Yet neat mending is quite as dainty, worthy and fascinating work as lace-making or satin-stitch. In fact, there is hardly a fancy-work stitch that will not be found of valuable assistance in every-day mending. The girls of the English Royal family are all taught these things, and are proud of their ability to master them.

To begin with, darning of all sorts is best done with a thread as near as possible in color and thickness to that of the fabric. "Anyone would know that?" But how often is it acted on? Wherefore it is no waste of words to repeat the axiom. For table damask, save the long narrow bits left when the ends of table-cloth or napkin are cut even to the thread before hemming. Boil out these pieces, and press smooth. Then, when a thin place is found, use the raveled threads to darn it, using a fine, long, slender darning needle easily to carry the thread, and handling it carefully, as the untwisted thread breaks easily. This same rule holds in mending towels, either damask or huckaback; and the little housewife who believes in forethought will find it the greatest of economies to look over her towels, each week, as carefully as she does socks and body-linen. The tiny hole in a fine towel, if allowed to go undarned, will more than double in size when next it is rubbed by vigorous hands on the washboard; while the knack of running a few rows of threads back and forward, as nearly as possible in the pattern of the fabric, will save further damage for many weeks to come.

Always save the scraps of serge or

cheviot left over, in case an accident makes an unsightly rent in tailored suit or coat; for it is no easy matter to match it exactly in mending thread. Darning in twill with raveled threads, is a lady's work, and no bunglers need apply. While it takes patience, yet it will sometimes reclaim an otherwise hopeless wreck. To find, after an illness of many weeks, that moths had gnawed a dozen small holes in the front breadth of the homespun tailor-made skirt, which *had* to do duty for the coming winter, was the experience of one young house-mother. The suit had been bought and worn home from abroad, and no pieces were to be had, even if they could have been set in so as not to show. But the skirt hem was ripped open, and woolen threads were judiciously raveled from the infolded edge; and the hours of convalescence spent in leisurely darning the fabric in its original twill repaid the owner by giving her back her suit, to all intents and purposes quite as good as new. Such darning should be well dampened and pressed with a heavy iron, either on the wrong side, or under a cloth; after which it will be almost invisible.

L. E. D.

* * *

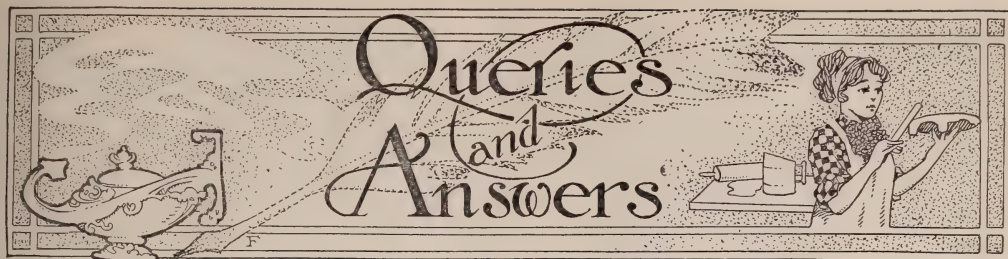
Spiced Twists

A very nice combination of spices in which rolls may be dipped, after an immersion in a saucer of melted butter, is as follows. Do this just before placing the twists in the pan for the final rising.

Take strips of light dough about two inches wide and an inch thick and eight inches long, or smaller if you like, and tie them in fancy shape. Roll in butter, melted in a deep saucer. Another saucer must be ready holding a cup of sugar, a teaspoonful of cinnamon, and a scant teaspoonful of alspice, well mixed.

The pan does not need buttering. Bake about twenty minutes. Let the butter and sugar candy over the surface, but not burn.

J. D. C.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, Editor. BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1795.—"Recipe for Gluten Bread."

Gluten Bread

In reply to request for a recipe for gluten bread I take pleasure in giving a gluten bread recipe used after trying several others; the bread is fine grained, light and in every way satisfactory. One quart of boiling water, one half a pint of gluten flour are beaten to a smooth paste; add one level teaspoonful of salt and one spoonful of sugar if desired. When this is lukewarm add one yeast cake dissolved in a quarter-cup of warm water, cover and let stand in a warm place (about 80° Fahr.) for one hour. Then add a pint of milk that has been scalded and cooled, and sufficient flour to make a batter. Beat thoroughly, cover and set aside until thoroughly light, about two hours. Then add one egg, well beaten, if convenient, and sufficient flour to make a dough; knead thoroughly until soft and elastic, then pound with a potato masher. Form into shape, put back into bread pan and let rise until doubled in bulk, in warm place; it will take about two hours. When very light shape into loaves and rolls and bake. The process begun at 8 A. M. is usually ready for baking at 5 P. M. When bread is nearly baked, take from oven and brush crust with a mixture of water, pinch of sugar, and white of egg.

Gluten Bread, 2

In looking over the December number just arrived, I notice that a Recipe for Gluten Bread, with Baking Powder, is given, as the Gluten Bread made with yeast is not generally successful. By the merest accident I discovered how to get good results from a yeast mixture. I make the dough like ordinary bread, of course, using Gluten Flour and leaving out the sugar. The dough is kneaded very thoroughly and set to rise in the pan in which it is to be baked. As soon as risen *once* to double its bulk I bake it, and it turns out exceedingly well. I have always found that, when it is twice risen, it is sure to fall.

QUERY 1796.—"Recipe for Hot Chicken Salad."

1 pint of cooked chicken, in cubes	small squares
1 cup of cooked peas	1 teaspoonful of lemon juice
$\frac{1}{2}$ a teaspoonful of salt	$\frac{1}{4}$ a cup of butter
$\frac{1}{4}$ a teaspoonful of black pepper	$\frac{1}{4}$ a cup of flour
1 teaspoonful of onion juice	$\frac{1}{2}$ a teaspoonful of salt
1 pimento cut in	1 cup of cream
	1 cup of chicken broth

Hot Chicken Salad

Mix the chicken, peas, salt, pepper, onion juice, lemon juice and pimento, and set aside in a cool place to marinate. Make a sauce of the butter, flour, seasonings, cream and broth; add the marinated ingredients and let stand over hot water to become very hot. This is good served from a chafing dish.

QUERY 1797.—“Recipes for Nut Sauce and for Strawberry Sauce for Ice Cream.”

Nut Sauce for Ice Cream

Put a spoonful of maple, caramel or chocolate syrup in a glass cup, above this dispose a rounding spoonful of vanilla ice cream, pour on a tablespoonful of the syrup and sprinkle with chopped nut meats, preferably walnuts or pecan meats.

Caramel Syrup

Put a cup of sugar in a small saucepan over the fire, and stir constantly until melted; add one cup of boiling water and let simmer, stirring constantly at first, until a smooth syrup is formed; when cold it is ready for use.

Chocolate Syrup

Prepare caramel syrup as above; pour a little of it, hot, over two ounces of melted chocolate and stir and cook until smooth, then add the rest of the syrup and stir and let boil once; then cool and use as above.

QUERY 1798.—“Recipe for Delicious Ice Cream.”

Delicious Ice Cream

Scald one quart of milk. Mix two level teaspoonfuls of cornstarch with half a cup of sugar, and stir into the hot milk. Stir constantly until the mixture thickens slightly, then let cook, stirring occasionally, for ten minutes. Beat three eggs, and add a few grains of salt and half a cup of sugar. Mix thoroughly. Add a little of the hot mixture and, when well blended, stir into the rest of the mixture. Stir and cook until the egg seems “set,” then strain. When cold, add a pint of cream, and begin to freeze as usual. When nearly frozen, add a cup of preserved ginger, cut very fine and mixed with three-fourths a cup of sherry wine. Finish freezing, and let stand an hour or more to ripen. If a more thoroughly frozen mixture be desired, add less of the ginger and less of the sherry.

As written the recipe well deserves its name, but it takes considerable time to finish the freezing after the addition of the flavorings.

QUERY 1799.—“Why are my cakes made with pastry flour less light than those made with bread flour? I use two cups of pastry flour to take the place of one cup and a half of bread flour. Baking powder is used. Should the flour be folded or beaten into the cake mixture?”

Pastry and Bread Flour in Cake

The cake made with pastry flour is less light, because too much flour is used. One cup and three-fourths of pastry flour is quite equivalent to one cup and a half of bread flour—probably this measure may be lessened a little more.

When to Fold into Cake Mixtures

In mixing sponge cake in which lightness is secured entirely by the expansion of air beaten into the eggs, the flour is *folded* into the egg and sugar mixture, and with as few motions as possible, to avoid breaking down the bubbles of air. When cake is lightened, principally, by means of baking-powder, or its equivalent, the whites of eggs and flour are *beaten* into the mixture, and the whole mass is beaten vigorously before it is turned into the baking pan.

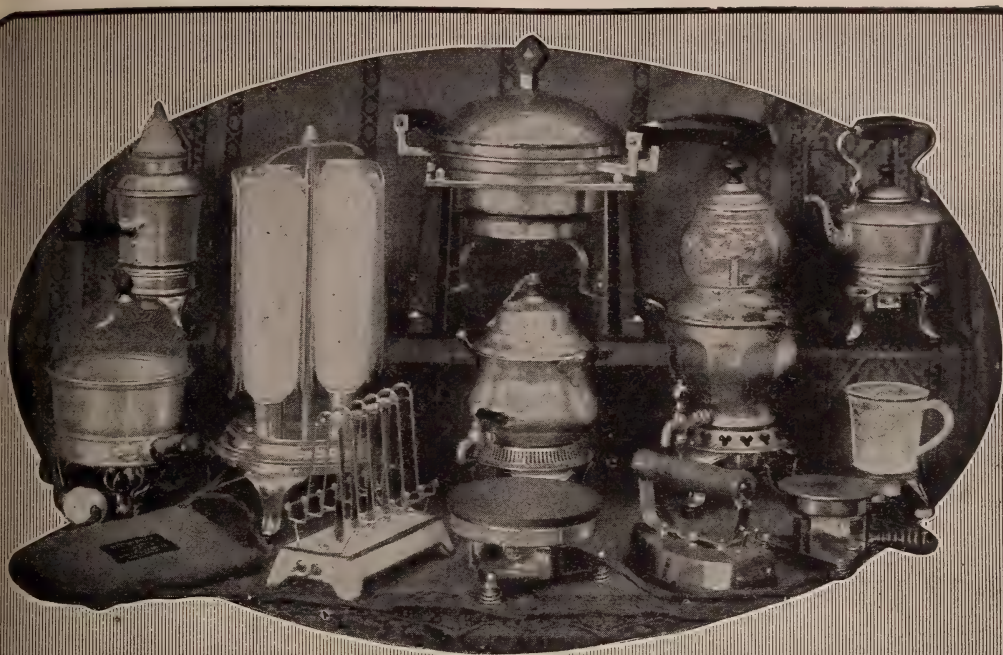
QUERY 1800.—“Good recipes for Crackers or Bread to serve with Salad.”

Cheese Crackers or Bread

Spread crackers or shapes of bread, with crusts removed as for fancy sandwiches, with butter, and then cover with cheese, grated or cut in exceedingly thin slices, set into the oven just long enough to melt (not to brown) the cheese. Paprika and mustard, one or both, may be beaten into the butter before it is spread. Hot, toasted crackers—just from the fire—are always good with salad.

Pulled Bread

Remove the crust from a loaf of fresh-baked bread, just as soon as it can be



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THE BOSTON COOKING-SCHOOL MAGAZINE

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No. 7

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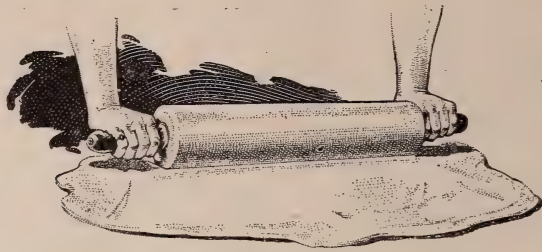
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handled. Cut on the edges, then pull the loaf into halves, the halves into quarters, the quarters into pieces, the length and thickness of a short bread stick. Dry out the bread in a moderate oven, then increase the heat and let color slightly. Serve hot. The bread may be reheated.

Clover Leaf Biscuits

Clover-leaf biscuits, freshly baked or reheated, are good with salads. A recipe is given among the seasonable recipes in this number of the magazine.

Sandwiches to Serve with Salads

Sandwiches made of any variety of bread with a filling of Roquefort or cream cheese, chopped pimentos and olives, with or without chili sauce, are appropriately served with lettuce, endive, celery or tomato salad, if the salad be not served with a meat or game course.

QUERY 1801.—"Recipe for Cream of Fresh Mushroom Soup."

$\frac{1}{2}$ a pound of fresh mushrooms	$\frac{1}{2}$ a teaspoonful of salt
1 quart of white stock	$\frac{1}{2}$ a teaspoonful of paprika
1 slice of onion	1 cup of cream
$\frac{1}{4}$ a cup of butter	(scalded)
$\frac{1}{4}$ a cup of flour	

Cream of Fresh Mushroom Soup

Chop the mushrooms; add the onion and stock, which should have been well-seasoned, and let simmer half an hour, then press through a purée sieve. Melt the butter; in it cook the flour and seasonings, then add the purée and stir until smooth and boiling; add the hot cream, additional seasoning, if needed, and hot milk, if the soup be too thick.

QUERY 1802.—"Recipe for Sliced Prune Pickle (Sweet)."

Sweet Pickled Prunes

We see no reason why the prunes should be sliced, but every reason why they should be kept whole. Wash seven pounds of prunes, then let stand overnight in cold water to cover. Cook in the water until nearly tender. Drain off the water, add one pint of vinegar and

two and one-half pounds of sugar; also, if desired, two ounces of stick cinnamon, broken in pieces, and half an ounce of whole clover; let cook until boiling, then add the prunes, let cook about ten minutes, then store as canned fruit.

QUERY 1803.—"Recipe for Jelly Eggs."

Poached Eggs

Pour boiling water into an iron frying pan and add about a tablespoonful of salt; break in one or more strictly fresh eggs. Add more water, if necessary, that the eggs be covered. Do not allow the water to boil during the cooking. As soon as an egg seems "set" on the bottom, run a spatula beneath it, that it may float in the water. As soon as an egg is slightly coagulated throughout, remove it with a skimmer to a slice of toast or broiled ham. Serve at once. If this should not be the recipe desired and more explicit suggestions as to the recipe desired be given, we will offer other recipes. We were unable to give recipe for the other dishes asked for by this subscriber.

QUERY 1804.—"Where may a set form of lectures for class work for nurses be secured?"

Lectures for Class Work for Nurses

By looking over the list of books published in this magazine, under the heading "Books on Household Economics," books designed for class work for nurses, will be found.

QUERY 1805.—"Recipe for Pineapple Sherbet made with Milk."

Pineapple Milk Sherbet

Cook a can of grated pineapple, one cup of water and one cup of sugar about ten minutes. Strain through a piece of cheese cloth, pressing out all the juice. When cold add the juice of two lemons and turn into the can of a freezer packed for freezing. Add one pint of rich milk and freeze as usual.

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The Boston Cooking School Magazine, Boston, Mass.

QUERY 1806.—“Recipe for a Ceylon Curry, described in ‘Vagabond Journeys Around the World’ as ‘hot enough (from spices) to burn the fingers.’”

Regarding Ceylon Curry

The following quotation is from “Culinary Jottings” by Wyvern, published in Madras 1878. We think the book can be imported (with other books) for about \$2.00: “Regarding the Ceylon curry as a ‘flower by the way-side,’ let us proceed to consider its composition with all due attention. The dish is quite a *spécialité*, peculiar originally to places where the cocoanut is extensively grown and appreciated. It is known by some as the ‘Malay Curry.’ Though best adapted for the treatment of shell fish, ordinary fish and vegetables of the gourd family, it may be advantageously tried with chicken, or any nice white meat. We can describe it as a species of *fricasée*, rich with the nutty essence of the cocoanut, and very delicately flavored with certain mild condiments. It ought to be by no means peppery or hot, though thin strips of red and green chili-skin or capsicum may be associated with it. It, therefore, possesses characteristics very different from those of an ordinary curry. The knotty point is the treatment and application of the cocoanut, which should be as fresh and juicy as possible, and of which there should be no stint. The condiments employed are onions, a very little garlic, green ginger, tumeric powder, a little powdered cinnamon and cloves and the chili strips aforesaid. Coriander seed, chili powder, poppy seed, etc., etc., etc., ought, on no account, to be used.”

QUERY 1807.—“How is food served from a Casserole?”

Serving Food from a Casserole

Before cooking, chicken and other meats to be cooked in a casserole are separated into individual portions. Usually potato and carrot balls (other shapes are used) onions and mushroom caps are cooked with the meat. The dish

may be served by the hostess at the head of the table. A piece of the meat, three or four, each, potato and carrot balls, an onion, a mushroom cap and a little of the gravy forms one service. Or the casserole may be passed to the left of each individual, in turn, that each may help himself, or, the waitress may help each in turn. The casserole being exceedingly hot must be passed on a tray with a folded napkin.

QUERY 1808.—“Recipes for use of Rice that has been boiled and left over.”

Uses for Cold Boiled Rice

Cold boiled rice may be used for both sweet and savory dishes. To be at its best the grains of rice should be separate and distinct. As a first means of insuring this condition, put the rice over a quick fire in plenty of cold water. (An aluminum dish is best suited to cooking rice). Stir the rice with a fork while heating quickly to the boiling point; let boil rapidly two or three minutes, then drain, rinse in cold water and drain again. To a cup of rice add a teaspoonful of salt and three cups of boiling water; beat to the boiling point, cover close, set the sauce pan on an asbestos mat and let cook until tender.

Rice with Melba Sauce

Add a little boiling water to part of the rice cover and let stand to become hot, then serve on individual dishes with Melba sauce poured over it.

Rice Griddle Cakes

Reheat with a little boiling water, then press through a ricer. To a cup and a half of this rather liquid rice, add half a teaspoonful of salt, the beaten yolks of two eggs, one cup of flour, sifted again with two level teaspoonfuls of baking powder, and when well mixed fold in the whites of two eggs, beaten dry. Bake on a hot well-oiled griddle.

Creamy Rice Pudding

Scald two cups of milk in a double

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boiler. Stir a rounding tablespoonful of cornstarch with one cup of cold milk to a smooth consistency, then stir and cook in the hot milk until thickened; stir in one cup of boiled rice (the grains of rice must be tender and yet distinct). Beat the yolks of two eggs; gradually beat in three-fourths a cup of sugar and stir into the hot mixture. Add, also a tablespoonful of vanilla, orange or lemon extract and turn into a pudding dish. Beat the whites of two eggs until dry; then gradually beat in two rounding tablespoonfuls of granulated sugar. Spread the meringue over the pudding. Let cook about twelve minutes in a moderate oven. Increase the heat, at the last, to tint the meringue delicately.

Rice in Soup

Boiled rice (grains distinct) may be added to broth or soup. It may be used alone or with cubes or julienne strips of cooked vegetables, as carrots, turnips, celery.

Savory Rice

For a cup of cold boiled rice (grains distinct), make half or three-fourths a cup of tomato sauce. Into the hot sauce stir two or three tablespoonfuls of grated cheese, four or five drops of onion juice, half a teaspoonful of chili pepper-pulp (chopped or scraped) with salt and pepper as needed.

Curried Rice

Heat the rice in a little hot milk or water. Use just enough liquid to moisten slightly; stir in two tablespoonfuls of butter, creamed with a teaspoonful of curry powder and three or four gratings of onion.

QUERY 1809.—“Give directions for cooking Beefsteak in a Paper Bag.”

Beefsteak in Paper Bag

Beefsteak or roast beef should not be cooked in a paper bag. The results are never satisfactory. Fish whole or in fillets, or any article that is at its best when cooked with gentle heat should be selected for paper-bag cookery. A stew

may be cooked in a paper bag, but it is a question if some other means of cooking would not from preference be chosen for such a dish. After a fowl has been seared over in a hot oven, the cooking might be finished in a paper bag at a gentle heat. Hamburg steaks or cutlets are neither satisfying to the eye nor palatable when cooked in paper bags.

QUERY 1810.—“Recipe for Pineapple Salad, Richelieu Style.”

Pineapple Salad, Richelieu Style

Set slices of pineapple, fresh or canned, on crisp heart leaves of lettuce. On each slice, dispose six or more cubes or small balls of Neufchatel cheese; sprinkle with three or four maraschino cherries, cut in rings, and half a dozen squares of pimento. Pour over each portion a generous tablespoonful of French dressing, made of olive oil and lemon juice, and serve at once.

QUERY 1811.—“Recipe for German Pancakes made of raw potatoes.”

German Potato Pancakes

Pare and grate three potatoes of good size; add one teaspoonful and a half of salt. Beat three eggs very light, without separating the whites from the yolks. Beat the eggs into the potato and bake as griddle cakes on a hot well-oiled griddle. Use plenty of fat, olive oil or salt-pork fat.



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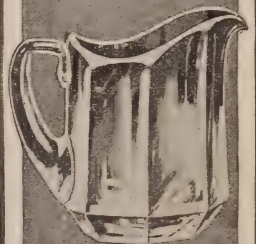
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New Books

Dorothy Brooke's Experiments. By FRANCES CAMPBELL SPARHAWK, Ill., 8 vo., cloth \$1.50. New York: Thomas Y. Crowell Co.

This is the third volume of a delightful series by the same author. The companion volumes are entitled "Dorothy Brooke's School Days" and "Dorothy Brooke's Vacation." This new member of the series is no less acceptable than its predecessors. It affords the same interest and charm to the reader. Dorothy is always charming, so, also, are Grace and Lulu and Pell-Mell. Miss Sparhawk writes a clean, wholesome, natural story, such as can not fail to prove a source of inspiration and aspiration to every young reader. In these days, it is a positive pleasure to come across a story book for the young that is true to life and, at the same time, suggestive of nothing that is unnatural, unseemly or impure.

The Modern Cook. By CHARLES ELME FRANCATELLI. Cloth. Price, \$3.00 net. New York: The MacMillan Company.

This is an edition of Francatelli's great work, revised and edited by C. Herman Senn. Of the book itself, Mr. Senn says in substance: The "Modern Cook," compiled nearly three-quarters of a century ago, faithfully reflects the dining habits of our ancestors, and the nature of their dietary. Everything was good and solid of its kind, even if tending towards complication rather than simplicity. To our modern eyes the most striking omission in ancient cookery books was the ignoring of light side-dishes, especially those of vegetable and fruit, which form such a feature of present-day dietary. Vegetables were more prized for their medicinal qualities than for their dietetic value, and even where most carefully cultivated they were seldom eaten. This, of course, had a marked effect on general health; inflammatory and skin diseases became rife, in consequence, and leprosy was frequent:—a condition aggravated by the habitual consumption during long months of the year of salted and smoked meats. But excessive meat eating has been gradually supplanted by dishes of a more vegetarian nature and the elaborate dining habits of the past are being replaced by earlier hours and simpler courses, so that now, in the twentieth century, much that Francatelli wrote about is no longer needed.

His work, however, was laid upon enduring foundations which will remain to posterity. Francatelli was a good culinary architect, and though in the present revised edition efforts have been made, in accordance with modern requirements, to introduce greater economy in the use of various ingredients, and additional recipes for the preparation of fruit and vegetables little appreciated fifty or sixty years ago, yet the main

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The **Gas Oven Damper** is automatically opened by the opening of the oven door.

There is an extra set of burners at the top of the Gas End Oven for broiling; a great advantage.

Gas and Coal Range can be used at same time.

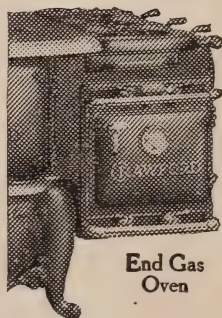
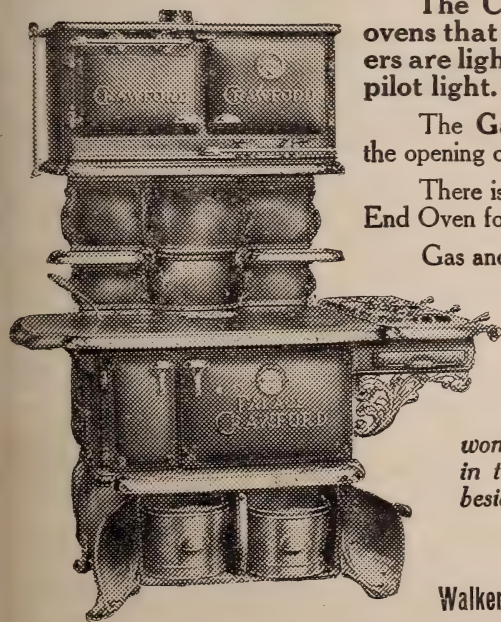
Double Oven above or
Single Oven at the end.

The Crawford Coal range with its Single Damper (patented), its wonderful Oven, its Ash Hod in the base with Coal Hod beside it, is a joy to cooks.

Circulars Free.

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End Gas
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Have you ever tried

Burnett's Vanilla

in a baked or soft custard?

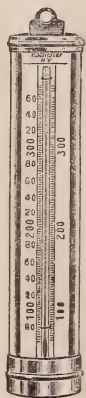
The mellow, rich flavor of the Vanilla combines and blends deliciously with the smooth, creaminess of the custard, making a dainty delicate dessert.

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Home-Made Candies and a Candy Maker's Thermometer



Success in Home-Made Candies depends largely on the heat attained in cooking and accuracy in stopping at just the right moment. Testing in the old way is uncertain even with experienced candy makers.

Confectioners always use a special Thermometer which registers 360 degrees and is hung on the inside of the kettle.

We offer one of these Thermometers for home use with a book of Recipes and accurate directions for making the choicest kinds of confections at home.

*A very useful Gift to your friend.
We will send it direct with your card.*

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THE BROWN JEWELRY CO., Inc.

Newburyport, Mass.

body of standard dishes remain practically as Francatelli wrote them, the substantial edifice of the writer's genius.

How Reduce the Meat Bill?

Concluded from page 325

more highly seasoned because it has lost flavor in the first cooking; third, it must be unusually attractive, not recalling its former appearance; fourth, it must not be the result of too great labor, or require in the making the addition of too many things, otherwise there would be no economy in its use. If these four principles of making up left overs are carried out, this method of reducing the meat bill will be most valuable. There need not be a repetition of means used. Ragouts, pot pies, Irish stews, fricasées, etc. are all stews, varied only in seasoning and the addition of vegetables and herbs; hash, minced meat in gravy, croquettes, meat rolls, escaloped and creamed meats, souffles, are all methods of reheating ground up meat; meat pies, meat turnovers, and stews with dumplings are combinations of meat and bread. Even meat from the soup kettle may be made the basis for croquettes, provided you have a means of extending the meat flavor by the addition of gravy or stock, and you are relying on other foods for tissue building value.

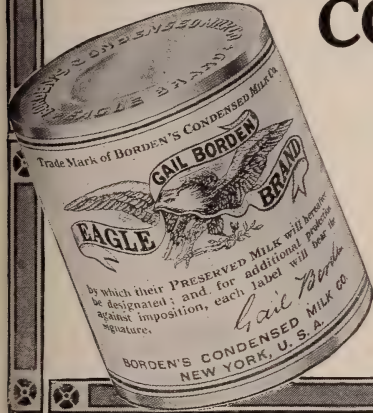
To sum up the situation then:—It has been shown that one of the chief sources of extravagance in our food is the supply of meat. There are six legitimate methods of reducing this item of expense. In order to apply these methods, the housekeeper must first understand the law of supply and demand, and the kinds and qualities of the cuts of meat which fix the price. Then she must set a definite sum to be spent in meats, which to her seems a correct proportion of the total spent for food. She is ready, then, to use one or more of the six methods suggested, in order to fit the meat bill to that sum and her success will be measured by her ability to apply these methods.

Raised Doughnuts

There are those who believe that of all the pastry made, doughnuts take the lead. Children like them. To have them rich, but wholesome and digestible, with fine flavor, use



BORDEN'S EAGLE BRAND CONDENSED MILK



RECIPE

Dilute six tablespoonfuls Borden's Condensed Milk with one and two-thirds cups water; scald; add one heaping tablespoonful butter, and stand aside to cool. Add half a cake compressed yeast dissolved in one-half cup luke-warm water, four tablespoonfuls sugar and enough flour to make a batter; beat well, cover, and stand in a moderately warm place overnight. In the morning stir in three well-beaten eggs, add a pinch of salt and sufficient flour to make a soft dough; knead lightly, cover, and let rise; when light, take out about half the dough, roll, cut into doughnuts with a large round cutter, and let stand half an hour before frying in smoking hot fat.

Write for Borden's Recipe Book

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give you the charming brochure
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CHR. HANSEN'S
LABORATORY

Box 2507.

Little Falls, N. Y.

When Phyllis Cooks

By Eleanor Cameron

Coy Phyllis is in her simple bygone day,
With feet as light as zephyrs went her way,
A roguish gleam beneath the ancient trees
Where whispering winds played leafy symphonies.

With tossing curl and laughter-darting eyes,
She milked her kine at eve or marked the rise
Of each new sun with singing and the hail
Of measured drops upon her shining pail.

On mossy knoll in some far cool retreat,
She watched the dancing leaves above her meet,

The slanting beams of sunlight-glory pass
And twilight shadows lengthen on the grass,
Her dreaming vagrant heart allured and won
To hear the fluted sighs of Corydon.
He watched her teasing face all tender grow,
Sweet winsome Phyllis of the long ago.

My Phyllis is as mischievous a sprite
As ever danced in moonbeams' silver light.
Her voice is music with the playful chime
That marked her sister's of the olden time.
Her face, alight with laughter, warms and glows

Until her gipsy-heart with glee o'erflows,
And all the elfishness that in it lies
Comes hasting up to twinkle from her eyes.

Her wayward tresses fall about her face
Beneath a witching cap of snowy lace,
For modern Phyllis seeks no leafy dell;
She knows that kitchen-scenes become her well,

And there she works her magic, holding sway,
Lost deep in cooking mysteries each day,
Until I envy, with my peace quite gone,
The pie she wastes her pretty glances on.

She kneads and bakes, in undisturbed repose,
A dash of flour upon her saucy nose;
And spicy odors, rich, compelling sweet,
Each fraught with promise of a coming treat,

From out her secret realms is borne along.
Her tender voice, in thoughtful murmured song,

Is sweeter than the rippling woodland brooks,
When Phyllis, trim, white-aproned Phyllis
cooks!

Cleanliness

For the past few years there has
been conducted a great crusade for
cleanliness, and this undoubtedly will
continue for some time to come, for
the public conscience has been aroused
to the fact that "cleanliness is next to
godliness." This means not only in
"morals" but in material things, for our
environment has a very potent influence



THAT RICH DELICATE FLAVOR
which distinguishes the QUALITY
of COCOA is characteristic of

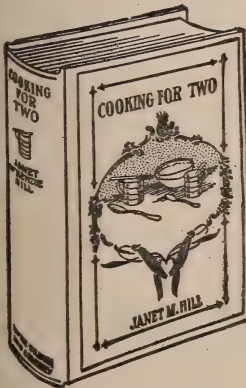
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COOKING FOR TWO

Over 400 pages ; over 100 illustrations.

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COOKING FOR TWO is designed to give in simple and concise style, those things that are essential to the proper selection and preparation of a reasonable variety of food for a family of two individuals. At the same time by simply doubling the quantity of each ingredient given in a recipe, the dish prepared will serve four or more people.

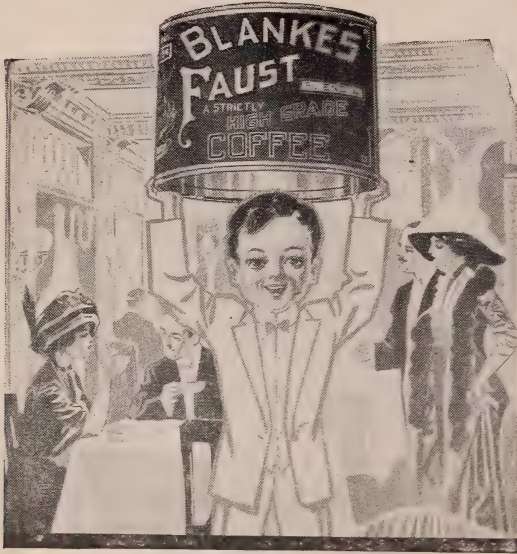
The food products considered in the recipes are such as the housekeeper of average means would use on every day occasions, with a generous sprinkling of choice articles for Sunday, or when a friend or two have been invited to dinner, luncheon or high tea. Menus for a week or two in each month are given.

There is much in the book that is interesting, even indispensable, to young housekeepers, or those with little experience in cooking, while every housekeeper will find it contains much that is new and helpful.

An ideal gift to a young housekeeper. The recipes are practical, are designed, and really are, "For Two."

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"Blend C" 35c a pound

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on our morals. So that in the next decade or two we may expect to see quite a revolution in all occupations.

Foremost and above all, the baker, and by this I mean the man who does the baking, must not only be clean in person, but must have clean thoughts and clean desires. He must be a man who loves his work, and loves humanity, so that he may find pleasure in giving the best he can. In order to compete with the housewife he must put *love* into his work, for so the housewife does. She is happy in being able to prepare appetizing and wholesome food for her family, and is thinking of their pleasure and enjoyment while she is at the task, and therefore there is much more in that food than so much food-stuffs for she has magnetized it during the preparation, and this is one of the most important features of the work. I want to quote from a man who has made almost a life-study of this feature:

"We are usually very particular as to the physical cleanliness (of our food), but we never think of the question of magnetic purity. The fact which most seriously affects the magnetism of food is that it is touched so much by the hands of the cook in the course of its preparation. Now the special magnetism of a person flows out most strongly through the hands, and consequently food which is touched by the hands cannot but be highly charged with that magnetism. This is especially true in the case of pastry or bread, which are kneaded by hand in countries which are too backward to have learnt the use of machinery for these purposes. All food made in that way would be absolutely unfit to be eaten at all, were it not for the fact that fortunately the action of fire in the baking or cooking removes the traces of most kinds of physical magnetism. Still it is eminently desirable that the cook should touch the food as little as possible, and so ladles and spoons which can very readily be demagnetized should always be used in cooking and serving everything;



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RECIPES—TELLS HOW

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not only save your meat and grocery bills but half your kitchen work. And a Rapid will cut down 2, 3 and 4 hours of burning gas or coal to a few minutes. **Let Me Mail This Recipe Book, Postage Paid.** It explains just how you can make the less expensive cuts of meat, the less costly fowl—sweet, juicy, tender and delicious in a Rapid Fireless Cooker. The Rapid is the fastest, latest improved, most saving Fireless Cooker possible to buy.

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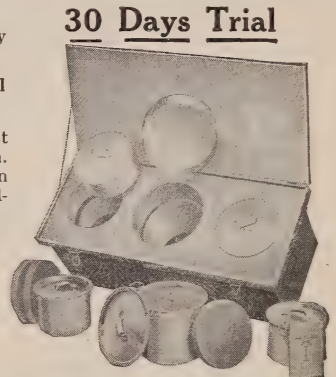
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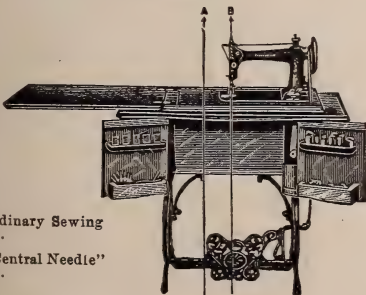
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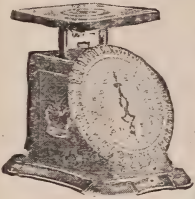
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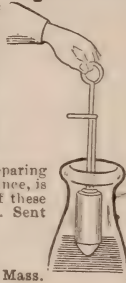
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is strongly recommended by physicians for use in preparing modified milk for babies. It measures exactly one ounce, is all metal and easy to clean. Every home needs one of these dippers—particularly the home where there is a baby. Sent anywhere postpaid, on receipt of price, 25 cents each.

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and they should be kept rigorously clean."—*Mrs. D. V. Stephens in Baker's Review.*

Mrs. Pankhurst was in New York during the strike of the shirt-waist girls, and to one of the girls she said that, if women could vote, the necessity for such strikes would be done away. "Perhaps," replied the girl, doubtfully. "But don't you think the ignorant vote would be largely increased?" Mrs. Pankhurst was surprised to hear of the "ignorant vote" from such a source: hitherto she had heard that objection raised largely in drawing-rooms, and she questioned the girl as to what "ignorant vote" she referred to. "Oh," the girl replied, "I mean that Fifth Avenue crowd!"

Ruskin was once asked to aid in defraying expenses for a new chapel. In answer he wrote: "*Sir*,—I am scornfully amused at your appeal to me, of all the people in the world the precisely least likely to give you a farthing. My first word to all men and boys who care to hear me is: 'Don't get into debt. Starve and go to heaven, but don't borrow. Try first begging. I don't mind, if it is really needful, stealing. But don't buy things you can't pay for. And, of all manner of debtors, pious people building churches they can't pay for are the most detestable nonsense to me. Can't you preach and pray behind the hedges—or in a sand-pit—or a coal-hole—first?'"

Food and sleep are the best restoratives. With honest work and plenty of it these suffice without the use of tonics and stimulants.

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Do you wonder now that

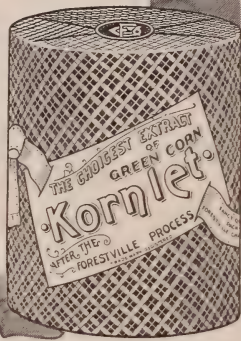
Kornlet Soup

is good?

Kornlet is made by a special process which saves *only* the delicious *milk* of the kernel and rejects all the rest. This accounts for its delightful flavor and large sale. Kornlet may be used in many pleasing ways, as the Kornlet recipe booklet indicates.

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WHEN THE CHIEF QUAILED

Two or three years ago Uncle Sam issued a mandate to the effect that the Indians in the future should take unto themselves but one wife. Quanah Parker, chief of the Comanches, appearing before the Committee on Indian Affairs, told its members that many of the men of his tribe had more than one wife. He was admonished to go home and tell them that this condition of affairs could no longer exist and that the surplus wives must be sent home to their parents.

Last session Parker again appeared before the committee, and the following conversation took place between him and a committeeman:

"Did you tell your bucks that they must have but one wife, Parker?"

"Yes, me tell 'um," responded the Indian.

"Did you get rid of the extra wives?"

"Yes, all gone," answered the chief.

"But," urged the committeeman, "I am told that you yourself have six wives."

"Yes, me got six," said Parker.

"Now, this will not do, Parker. You have to get rid of those extra wives. You go home and tell them to leave. Send them back to their parents. Tell them to go home."

"You tell 'um," responded the Indian.

A very interesting experiment is being conducted at Guelph, near the Ontario Agricultural College. Prisoners from the penitentiary are carrying on a farm, building their own houses and doing all the domestic work incident to home life. They are nearly without guards, and the government finds that the scheme has a very beneficial effect on the men.

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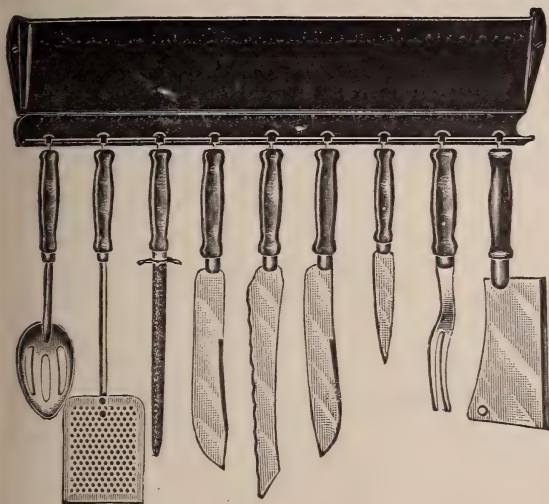
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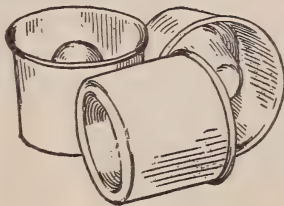
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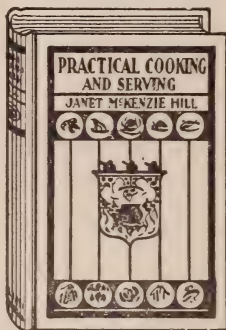
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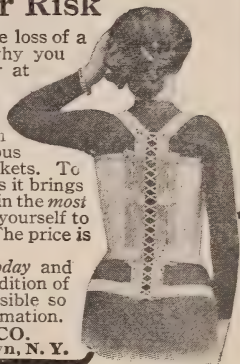
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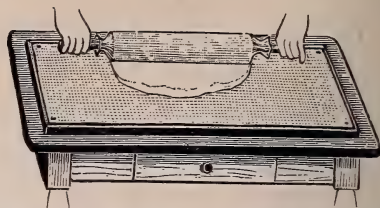
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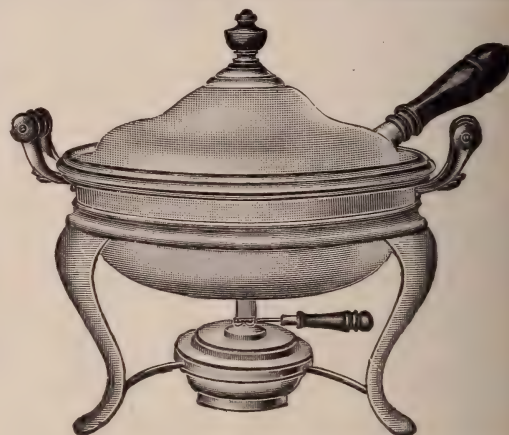
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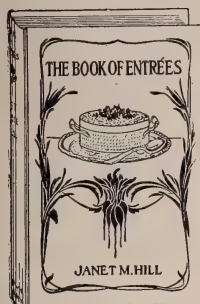
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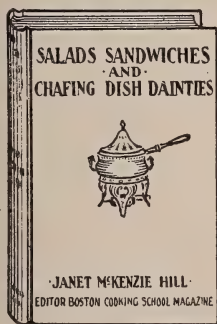
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Menus for Dutch Buffet Supper

I

Smoked Sausage, Sliced Thin
 Potato and Egg Salad
 Rye Bread, with Caraway Seed
 Berlin Pancakes
 (yeast doughnuts, preserves in center)
 Coffee

II

Cold Boiled Ham, Sliced Thin
 Potato Salad, with Pickled Beets
 Rye Bread and Butter
 Cheese Sandwiches
 Honey Cakes, Pretzels
 Coffee, Chocolate

The

Boston Cooking-School Magazine

VOL XVI

MARCH, 1912

No. 8

Fireplace Screens

By Frances B. S. Waxman

HAVE you a fireplace in your home? Then by all means you must have a screen to stand in front of it, as much for ornament as for use. A screen breaks the glare and heat of the fire, and controls to an extent its draught. The time was, in the good old days before steam heating was invented, or even coal stoves were introduced, that the fireplace screen was as necessary an article of furniture as the settle, or the warming pan. They existed because they were needed, and they were elaborated as their usage spread. To-day, it must be confessed, we revive these things, a trifle from what the French call "*snobisme*," but there is, after all, no good reason why we should not select from the past whatever furnishings we happen to fancy. So if we have revived fireplaces, not so much for heating purposes, as for their cheerfulness and homelikeness, then we must also resurrect all the "plant" that goes with them, andirons, shovel, tongs,—and screen.

The fireplace screen is small, and usually consists of one wing only. It is set in a frame that stands on spreading feet, and it varies greatly in weight

and in material. In our grandmothers' day, cross-stitch worsted ornamentation was held in high esteem, the favorite motives being impossible, elaborate bouquets of roses, in impossible, tropical col-



NO. 1.—LIKE STAINED GLASS



NO. 2.—APPLIQUÉ DESIGN

orings. To-day this early-Victorian vogue would be despised, and the cross-stitch worsted productions of our forebears are treasured along with the samplers, not surely as works of art, but as heirlooms. We may get some suggestions from them, however, and with our improved tastes and the modern diversity of materials, we should be able to make screens that our grandchildren will not despise as quaint, but hideous.

Since the fireplace screen is not yet sufficiently revived to form a part of the stock in all large department stores, we have still a little liberty of selection as to its size and shape, a costly circumstance, no doubt, but eminently satisfactory. The shape of the screen must be determined a trifle by the fireplace it is to stand before. Should that be long and low, the screen will follow its lines. If the chimney is higher than wide, the screen must to an extent suggest the same form. The frames can be made by a man who frames pictures, or a cabinet-maker. A few ready-made bamboo screens are sold in Japanese stores. These are light and satisfactory, but they offer no great variety of form.

Since the fireplace screen is usually double, the frame must be constructed of light wood and in such a fashion that the two sides can be screwed together, once the panels are in place. The panels are, of course, the decorated portions of the screen, and the fashion of their decoration is entirely optional. They may be of glass, with pressed ferns and flowers between,—another favorite early-Victorian scheme. Glass, however, is a bit heavy and unwieldy to move; and pressing and arranging flowers and ferns is a fine art. They can so easily become funereal in appearance.

In general, the same materials, employed nowadays for folding screens, serve very well also for the fireplace screen. Embroidered panels are perhaps the most enduring of any. Paint may be used, but oil paint is apt to crack in intense heat, and water colors will fade. Color in combination with embroidery may be successfully used, if the color be given a coat of white shellac put on very thin. The screen-designs reproduced with this article have been selected to show the widest possible range of treatment for small screens.



NO. 3.—STENCIL PATTERN



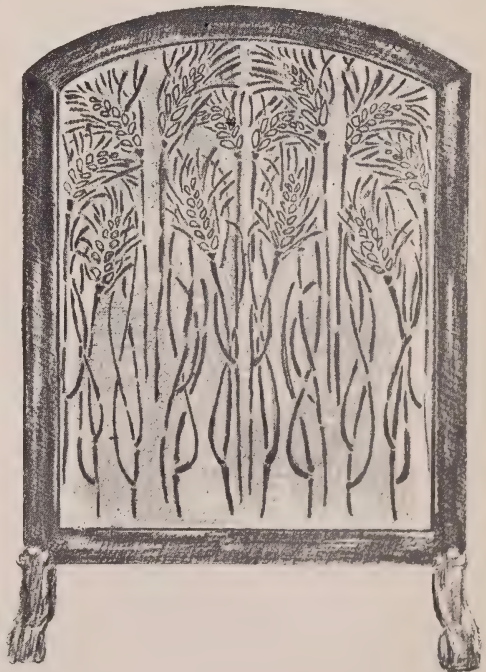
NO. 4.—EMBROIDERED PATTERN

Number 1. is intended to give a little the effect of stained glass. It is effective and showy, and done in well-chosen colors it is as handsome as need be. It should be carried out on a close-weave canvas. The design can be treated like an embroidery pattern, traced on thin paper, then worked over, the paper being afterward removed. This design may be done in the customary embroidery stitches, or the pattern may be outlined with colored silks, and the body of the motives, filled in with color, a thin wash of oil paint, and shellac. Rose color and two shades of green on a deep tan ground are advised for this design.

Number 2. is an appliqued design of water flower motive. The leaves and flowers are cut from a light weight material, silk grosgrain being a substantial and suitable stuff. Here again a tissue paper pattern may be used as a guide. The silk leaves and flowers are appliqued with a darker shade of embroidery silk to the ground, which may also be of silk, though heavier, like rep. The stems and tendrils are done in outline stitch.

Number 3. is a straight stencil pattern, made by cutting the design out on a piece of heavy, oiled manilla paper. The cutting is done on glass with a sharp knife, in order to secure a clean edge. Once the pattern is ready, the design is transferred to the stuff by painting through the cut stencil. For stenciling, a solidly woven material is desirable, such as canvas, denim or burlap. The material should be fastened with thumb tacks to a board. The stencil is laid smoothly over it, and, also, fastened securely so that it will not slip. The color is then rubbed through the cut-out places upon the cloth with a stiff bristle brush. Oil paint may be used or water colors, or the tube stencil dyes.

The screen in Number 4. is an embroidered all-over pattern set into a bamboo frame. The embroidery can be carried out in any stitch, but the design will be most effective if the flowers are worked solidly and the leaves outlined. Silk, velvet or canvas would work up well for this screen. The panel may be set into the frame as a picture is, or it



NO. 5.—WHEAT MOTIVE

can be laced to the bamboo strips by means of eyelet holes.

The wheat motive in the design numbered 5. is graceful, and it is included in this series, because it is capable of being worked out in a new French method. The foundation is burlap, and the decoration is done with twines of varying thicknesses. The wheat would be in a light tan, and the stems in a darker cord. Ordinary wrapping cord is used and is sewed to the material, following the outlines of the pattern. An effect of solidity may be come at by carrying the twine around and around in a spiral fashion, to make the kernels of the wheat. Although the materials used for this decoration are of the very least

expensive possible, the result is rich and harmonious. This screen is made of a massive mahogany frame and the panel is stretched as a painter stretches his canvas on a light wooden frame, the edges tacked over. Both the frame and the stretcher may be made by a picture-framer.

The fireplace screen is a graceful article of furniture, and since the fireplace itself is, in these times, a sort of luxury, so the screen symbolizes a certain kind of good cheer. It should be treated somewhat in that spirit, and made to express, in its motives and its colorings, the gayer and the pleasanter aspects of home-making and living, which are apt to be neglected.

A Bit of Spain Transplanted

By Lee McCrae

ABOUT twenty minutes on the trolley car as it swings and sings around the curves of San Diego Bay and the traveler comes to "Old Town"—the spot where California history began.

It is really no town at all, unless one store, an olive factory, and some ruins constitute a town. But once upon a time—not so dreadfully long ago either—it was the center of the universe to a small company of brave souls, hedged in by unexplored mountains, sun-blistered deserts, and the trackless Pacific.

Here the first palm trees in American soil were rooted; here the first American olives grew; the brick ruins of an uncompleted church mark the spot where the cross was first planted by the Catholic fathers on the Pacific coast in 1769.

Yonder in a deserted plaza stands a monument, where Gen. John C. Fremont set up his stars and stripes after the triumphant first march across the Great Divide. And over there cows are browsing amid crumbling brick

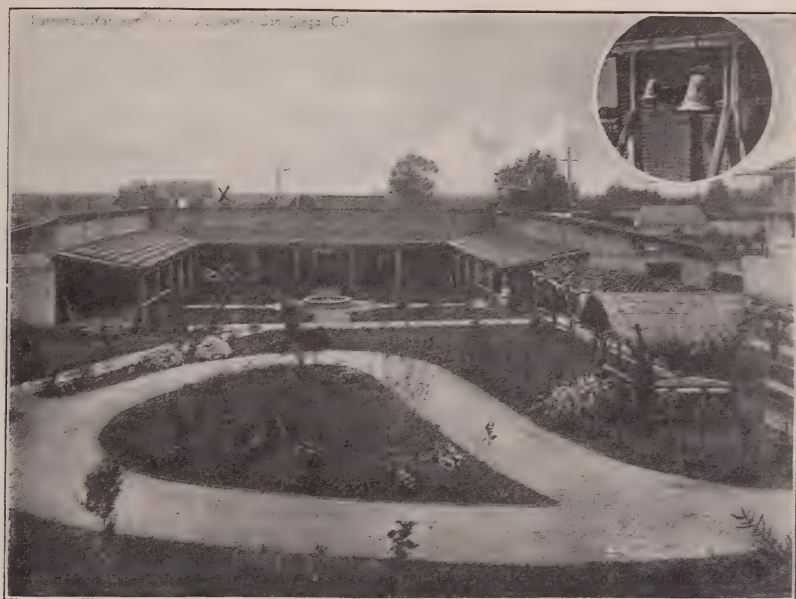
and fallen headstones—all that remains of California's first jail and first cemetery.

Now the typical American demands everything new, and the newer the better. And realizing how fully his country has out-grown its infancy, he views these first things with mingled sensations.

Still, even for the most impatient and unsentimental there is much that is well worth while in Old Town. Right under the shelter of the stars and stripes, within sound of the busy city of San Diego, he may step into sleepy Spain.

The trolley car stops flush with an old adobe wall, low, rambling, yellow-brown and unattractive enough on the outside. But enter the old-timey portal, and suddenly you are in an Alhambra country. You are within a mansion built in 1825 after the pattern of a century before that. Styles did not change with the seasons as they do now.

It is the historic home of the Estudillo family, three generations of



THE ESTUDILLO HOME

whom lived within its walls.

The house is built around a patio or inner court seventy-five feet square, with a fountain in the center. Its walls are from three to four feet thick (for protection, not warmth), and its roof is of sun-baked tiles, each piece of which is curved like an eight-inch pipe split, lengthwise, and laid one under one over, to carry off the rain.

This crude roofing (from which our beautiful modern tiling has been evolved) was an invention born of necessity. The hostile Indians, unable to penetrate the thick walls of the old mission buildings, took vengeance by firing the wooden or thatched roofs, until a priest conceived the idea of the curved tiles formed of clay.

The beams of the house are still the same trunks of pine trees carried on the backs of Indians from far away forests, and they are bound into place by strips of raw-hide. Nails were not to be had in Old Town in 1825. The floors, corridors and walks are still paved with the flat tile made by the Indians in the Missions a hundred and thirty years ago. Each window—merely a hole in the great wall—has

its huge, rawhide-fastened shutter in lieu of modern glass.

No wonder the traveler walks about as if he were a dreamer in a dream country! Somehow the very furnishings seem mystically familiar to his soul, a sort of inherited knowledge, as it were.

There are rawhide seats, wooden birdcages, water jars, a huge adobe oven, Spanish chests, paintings, prints and ornaments almost primeval. Here is a piano brought around the Horn direct from Europe; and there are the ludicrously constructed Yuma stage and a Mexican caretta that might tell tales both comical and tragic. Each of the many rooms opens upon the corridors and patio, and each holds its special collection of relics—relics that are just becoming the pride of California.

For the old Estudillo home, deserted by its heirs, was left to Mexican tenants and fast-decay until John D. Spreckels, the sugar king, came to its rescue. In 1910 he generously expended \$18,000 upon it, restoring the place as nearly as possible to its first estate and collecting within it, as a

permanent museum, all the relics obtainable, the relics that speak so loudly and eloquently of the patience, privations and skill of our pioneer fathers.

So much is already here (with more to follow) that the traveler could spend hours lingering indoors, were it not for the alluring court with its gorgeous flower-bordered walks and arbors.

At one side of the patio is a rounded, thatched roof covering the old "Wishing Well," blest by priest and legend. Of course every visitor rushes to it for a drink. To be honest I must confess that this visitor, unable to swallow the cupful, spit it out, and now is worrying for fear she spit the wish out with it. Be prepared, therefore, for a dose when you make your wish and quaff your glass at the moss-grown brim. Or if you went to get a joke on your fellow-travelers, level your camera and snap it just when they are taking their turn.

For visitors are not few these days in the old Estudillo home, though no

one is there to keep open house.

As "Ramona's Marriage Place," made illustrious by that charming Indian love story of Helen Hunt Jackson's, the fame of the adobe mansion has gone abroad. It is a tribute to literature that fiction is preserving what history was forgetting. Sentiment holds the fort—a literal fort it was many times in the sad days gone—that stern Reality abandoned. The mythical characters of Ramona and Alessandro are more alive than are Don Jose Antonio Estudillo, the founder, and his padre, the self-sacrificing Father Serra, in their own home. It is literally the triumph of the pen over the sword.

But whether the traveler goes seeking genuine information and historical knowledge, or whether he would steep his imagination in romance and legend, he will find a day spent in Old Town is a day to count back to as his life speeds on. He has visited Spain without crossing the seas, and he has lived one day in the century gone.



ELLA B. SPENCER,
Director Lunch Department, High School, Springfield, Mass.

Just Billy

By Alix Thorn

THE Kelpie, with her white sails gleaming in the sunlight, ready for her day's cruise, swung lightly at anchor out in the bay, while on the pier, immaculate, gowned in white, stood Penelope, a trifle restless, awaiting the rest of the party. From the bungalow stray bits of conversation reached her:

"Why, my pet, I mean that raglan, you know, the gray, heavy one on the top shelf—it's sure to be cold."

"Now, dearest, how could I know; I always hang it in the other closet."

"Jane! Jane! Just look up that tan sweater, I simply cannot go without it!"

"No, Baby, Daddy will take you some other day! Oh, I wouldn't cry—see the nice doggie, he doesn't cry, I guess he doesn't!"

Couldn't you hurry a little, childie—no, of course, I don't want to be impatient, now, now, Kitty, see here, Kitty!"

"Atmosphere fairly charged with domesticity," mused the girl on the pier, and decided that there might be a more exciting occasion than an all-day cruise with a devoted young couple, and the newly married pair who awaited them on the Kelpie.

Hurrying down the grassy path came her hostess, Kitty Maybrick and her burly husband, his arms piled high with wraps, both parents calling out frantic farewells to their tearful offspring, and last instructions to the flushed Jane.

"Kept you waiting a bit, Penelope," said Tom Maybrick in his big voice, "but what does an unmarried young person like yourself know of cares and responsibilities!"

"What indeed," smiled Penelope tranquilly—"see, there is Mr. Withington putting out in the row boat, and Mrs. Marjorie has come out of the cabin to waive to us."

Young Mrs. Withington, very conscious of her new honors, welcomed them enthusiastically, both slim hands outstretched, and proudly escorted them over the boat, a newly-acquired possession, while they duly admired the tidy cabin with its bunks folded away against the wall, the complete kitchen, and the well-stocked refrigerator.

"And here is Billy!" she announced, pointing to a tall, broad-shouldered man in white duck, "who is going to sail us very safely, and who has promised to whistle up a wind whenever one is needed. Haven't you promised, Billy?"

"I shall certainly do my best, Mrs. Withington."

A suggestion of color glowed through his tan cheeks; Penelope imagined there was an amused look in his dark eyes, but he quickly turned away, displaced Mr. Withington at the wheel—the boat headed toward the open sea, found the wind and they were off.

"Where did you get your skipper, Withington?" inquired Tom Maybrick, "he's a well-set up fellow, looks strong as a horse, and evidently knows his business."

"Found him in Sydney, ten days ago, and he's been very satisfactory so far, hasn't he, sweetheart?"

"Yes, indeed," agreed his wife—"fits in so easily, and knows his place, even when Fred almost visits with him, and you know you do sometimes, Freddie."

Slowly the bay widened, and its green shores, dotted with picturesque bungalows and log cabins, grew less distinct. Outlined like silhouettes against the vividly blue sky, stood out the pointed spruces, Nova Scotia's hall-mark, looking as if cut from one pattern so absolutely regular were they. Now in the distance tiny hamlets appeared among the clearings, each with its own white church

spire, while sometimes a red barn, like a cheerful meteor, brightened some lonely hillside, and on all sides the deep blue water, clear and mysterious. On a far-off rocky promontory could be seen a low lighthouse, in perspective, tiny as a child's toy, and toward this they were hastening favored by wind and tide.

"We went there a week ago," explained Mrs. Marjorie, "and oh, it's simply enchanting; the whole thing, with the loveliest little nooks just right for two! Aren't there, Freddie?"

"Indeed there are," agreed the young husband. Tom Maybrick pulled his cushion closer to that of his Kitty—her hand sought his, evidently woodsy nooks had not lost their charm, after four years of married life, and with a sturdy youngster in the background.

Penelope,—gray eyes fixed upon a point of dazzling white sand,—felt suddenly singularly detached as if all the world were paired off, excepting her charming self, and she "alone on a wide, wide sea." The stiff breeze blew her gold-brown hair in bright tendrils around her glowing cheeks, her white hat with its dull pink scarf lifted as if to disclose her fair forehead, and she turned to meet full the eyes of Billy, the Skipper. Was it possible that he, too, felt detached? It occurred to her that it would be pleasing as well as novel, to leave the two absorbed Withingtons, and the equally absorbed Maybricks, cross swiftly over to the wheel, seat herself, and ascertain, if possible, how Billy's well-cut mouth could look when it smiled. Then Penelope's color deepened, and she made haste to inquire of Mr. Withington, if they had ever done any cruising in Maine.

She regretted her remark directly, for it brought forth such a flood of honey-moon reminiscences.

"Know Maine? Know about it, do we? Say, sweetheart," turning to his wife, "know Maine? Ask Marjorie about that. Why, Miss Penelope, you see, we hurried off to Maine right after the ceremony; 'twas in June, you know. Well,

the moonlight! Oh, say, do we know Maine!"

As they rounded the point, of a sudden the lighthouse loomed high above them, very white and very red, set firm on its rock foundation, seeming impervious to wind and storm. Nearer, and yet nearer, around the curve of the little bay, a pair of gulls screamed shrilly at the intruders, and flew off towards the open sea; a broad-winged hawk sailed over the sharpened spruces and disappeared in the greenness. Slowly the Kelpie entered the ideally beautiful harbor where sandy beaches met rugged rocks, whose cave-like formations recalled the Cliff Dwellers, and here it was they dropped anchor.

Billy, the capable, spread out luncheon in the cabin, served them, and came at their call.

"Jove! I wish I had that man's shoulders!" exclaimed young Withington, surveying enviously the retreating form of Billy as he went to the kitchen for more coffee.

"He's good eyes of his own," murmured Marjorie Withington frivolously; "Penelope, have you observed their color?"

Penelope, having already done so, replied, that they were certainly not bad, and shamelessly watched for the owner of said eyes to reappear with his steaming burden.

"Come, girls, where are your sweaters!" called Tom Maybrick; "Withington here says it pays to explore the shore. There's a traveled road a little inland; as we came into the harbor, I saw a horse and wagon journeying along, to all appearances, over the tops of the trees."

Up a little path, scrambling through new growth, rising steadily, then crossing a picturesquely rustic bridge, they discovered a well-traveled high road, which they followed, gaining rare views of the intensely blue water on one side, shut in by the forest on the other. Around a turn, they came upon an old, bare-footed Nova Scotian woman, brown, wrinkled, with handkerchief-covered head, trudge-

ing sturdily along, a pink-cheeked child by her side. She eyed the strangers curiously, but was out of sight before they had secured the coveted snap-shots.

"Where did we sit before, sweetie!" inquired Dorothy Worthington pausing to look around her.

"Guess I can find the place, sweetheart," replied her lord and master, "I should have said it was farther up the shore, but why look any more, it's hard to improve on this."

"This" was a green open space on a rocky point, dotted, here and there, by little "Christmas trees," as Penelope called them, with the harbor a full hundred feet below, and the music of the wind in the tall spruces behind them, serving as accompaniment to their voices.

"Too bad your Rector isn't with us today, Penelope," said Kitty Maybrick, mischievously, lifting her head from her husband's sweater, to survey her friend. The idle remark started a train of thought which Penelope was anxious to forget. She could recall but too plainly, the scholarly, ascetic face, when he said, the night before leaving: "Think it over, Penelope. I am a patient man, my calling teaches me patience. I hope you will find it in your heart to love me."

She tried to conjure up pleasing images of the picturesque Manse, the dim church with its wonderful windows, the Reverend Robert and his offered devotion, and oh, strange, eternal feminine, she found herself leaning forward to watch the Kelpie at anchor. Still she felt the touch of a firm hand on hers, as Billy helped her into the boat, muscular, strong, would she say electric! Shame upon her, did she leave her own in that vigorous clasp a shade longer than was needful? She was coming to a sad pass, it was midsummer madness, if she was spending part of a heavenly afternoon, considering—just Billy. But *if* he were of her own class, *if*, she could imagine herself willingly, gladly, sailing away and away to some fortunate happy isle, over leagues of blue water, with just Billy, leaving ivy-covered

Manses far, far behind, and two self-centered pairs safe at home, where such pairs should be and—

"Time to start, people!" announced Tom Maybrick's stentorian tones, "Billy said we must be on board by three-thirty, forward, march."

The three girls sat on deck together, visiting over a box of chocolates, while the three men smoked behind, and Penelope was keenly conscious that the skipper's voice was fully as well-bred as his employer's, or Mr. Maybrick's, the full, even tones standing out as a trained voice does in a chorus of amateurs.

"You are not a Nova Scotian, I take it, Billy."

"No, Mr. Maybrick, not a Nova Scotian, sir."

"From the States, then?"

"Yes, Boston, Mr. Maybrick."

Penelope gave a slow glance over her shoulder, and discovering that Billy was musingly studying her, looked back quickly, and reaching for the chocolates, upset the box.

One morning in the week following, Dorothy Withington stopped in at the bungalow to tell them the sad news that they had lost Billy.

"He had a letter, Thursday, on awfully good paper, too, forwarded from Sydney; my husband saw it, and what do you think, he told Fred he must leave next day, and leave he did. Fred feels dreadfully about it; says Billy wasn't an ordinary person at all; he'd had some good talks with him, and felt sure that he was a university man. Actually we found him reading Pendennis, one day. I never could get half through it, there are so few conversations, but he was deep enough in the book. Well, I know we will never find another Billy."

"I doubt if you do," was Penelope's reply as she took up her embroidery. So Billy was gone. A Sydney letter on good paper, summoning him to what! Hadn't she felt it all along, known he was not, just Billy, the skipper! Oh the strangeness of it. "Yes, Mr. Maybrick, from

Boston"—well she, too, was from Boston. Suddenly she felt as if her vacation was ended, done with; that she needed no more bungalows for a long time, that it would be a relief to go back and take up her regular life again, enter into everything, fill each day full; ah, she had played long enough.

It was three months later that, in a correct drawing room in a Boston suburb, Penelope, telling herself that prayers were indeed answered, found herself looking once more into Billy's dark eyes. What is more, he took her in to dinner, and though Mr. William Frothingham Brewster had but just been presented to Miss Penelope Foster, they began to visit like old friends.

"We were on a sailing party together in Nova Scotia, only last summer," explained Mr. Brewster to his hostess, and then they proceeded to forget the rest of the table.

"Why did you do it?" quoth the maid.

"Well, you see my friend Douglas

Brent deserted me unexpectedly in Sydney, to join his family at Digby. I saw young Withington, not a bad sort, by the way, looking frenziedly for a skipper. Having run my own boat so long, it struck me that it would be refreshingly novel to have the experience of running another' man's craft, learning how the other half lives. Everything went smoothly enough until you came, and then, Miss Foster, it was asking too much of any man to—well—to—"

"To what?" said Penelope shamelessly, having the grace to blush.

"Do you really want me to tell you?" he began, when at a signal from their hostess, they rose.

"I'm rapturously happy," wrote Penelope at Christmas time, announcing her engagement to her friend, Mrs. Tom Maybrick; "his name is William Frothingham Brewster; isn't that a mouthful? But I call him—and oh the dear little name—just Billy."

A Skiff

Jessie B. Rittenhouse

In the Pathfinder

A skiff upon the inland streams,
And not a frigate on the sea,
Is this, my heart, that drifts and dreams
In sweet, alluring vagrancy.

Out there upon the main, I know,
Brave galleons of thought set sail,
And there the winds of fortune blow
And there the master hopes prevail.

And oft insistently a tide
Sets seaward in my longing heart,
And I upon the deep would ride
And in the traffic bear a part.

And yet what stays me that I lie
At morning by some green-fringed marge,
And smile to see the schooner high,
And smile to see the barge,

And know that they will reach the main
League lengths ahead of me,
And bear their cargo home again
Ere I have dared the sea?

Domestic Science in Belgium

By Mary Graham Rice

It was the 19th of September that we made our way from Brussels to the tiny village of Wavre-Notre-Dame. Though only a short distance from the capital, in number of miles, the journey seemed more arduous than a trip to Ostende, and I might almost say Paris. Wavre-Notre-Dame must not be confused with Wavre, or Wavre-Ste-Catherine. It is neither the historical Wavre, to which the Prussians retreated after the battle of Ligny, nor the little village that lies between Malines and Antwerp.

Our first change of cars, it is true, is at Malines, a walk of half an hour skirting the railroad track all the way brings one to a suburban village from which a "vicinal" train runs at intervals of several hours to the hamlets and villages that spread over this part of Belgium.

The country, for the most part, is flat and unlovely; no trees break the monotony of the plain. So when Wavre-Notre-Dame is announced in a strident voice by the good Flemish conductor, one is prepared to step out with alacrity, and with a smouldering hope that Wavre-Notre-Dame will present some unsuspected charm, the more striking by contrast with the dullness of the scene through which we have passed.

A good omen is the shining face that beams down upon us and hastily grasps our bags.

It is the inn-keeper, at the door of whose house the train stops. He is post-master, train-manager, ticket-agent and porter. All of which duties he performs with a good humor that is contagious and refreshing.

Our traveling companions, a score of nuns, descend likewise at Wavre. They do not seem to expect assistance from any quarter, but valiantly seize their heavy bags, and behold us all "en route" to the convent of the Ursulines!

Yes, the convent is our destination, and there for a month we shall share the same tasks, the same instruction and the same secluded life.

To outward appearances the convent gives no hint of its vast size and beauty. It is a severely plain brick building of no especial architectural type. It has been added to, from year to year, until it has grown to cover a large tract of ground. The usual wall encircles it and hides from the vagrant passer-by its flower garden, botanical garden, kitchen garden and the little "bosquet" or woods with the grotto in imitation of that of our "Lady of Lourdes," where the nuns frequently gather in the early evening to whisper their devotions.

But, as a matter of fact, this is the most luxurious convent in Belgium; it is also the seat of the Normal School; and contains within its walls some seven or eight hundred souls, three hundred and more of whom never expect their shadow to fall outside its sacred precincts.

During the month of September a course is given in Domestic Science. It is called in French "*Le cours de l'Ecole Ménagère*."

This is a subject of special interest in Belgian pedagogy. The importance of it is keenly felt by this government and every effort is made to perfect the instruction.

The pupils of our class ranged in age from 20 to 59 years.

There were fifty of us, all told, the majority of whom were nuns from various convents scattered throughout the kingdom. They were from the teaching orders, of course, and had come here to learn to teach Domestic Science after the latest and best methods. Besides the nuns there were twenty-eight laic teachers, some of whom had forfeited their

vacation for the privilege of passing the month at Wavre, a month of strenuous work, physical and mental. What then, are the Domestic Science schools? They are establishments designed for the training of young girls from the age of fourteen, or even younger, in arts and sciences. The instruction consists of theory and practice combined. The school is open every day of the week in some places and four days in others. Here all kinds of domestic work is performed: cooking, cleaning, washing, ironing, mending of linen, stockings, and clothing. This work occupies the morning hours; in the afternoons, lessons, in theory, are given on cutting and dressmaking and the knitting of stockings. In all the provinces of Belgium these schools exist. Their number exceeds two hundred and the enrollment of pupils has reached nine thousand. Their utility is unquestioned, ameliorating and improving the moral and material condition of the families of working-men. So, the Belgian Government provides for the superior instruction that is given, by sending the teachers to its Normal School, where they pass in review all that they intend to teach, becoming themselves pupils and being directed by those whose scientific training has qualified them for this work.

In order to execute well the various tasks, the class never exceeds twenty-four; it is sub-divided into groups of six pupils. Our number being 50, we were separated into two classes: the Flemish, and the French, or Walloons, as they are called in Belgium, and the instruction was given in both these languages.

Our first lesson began at half-past seven in the morning. It consisted of a lecture that lasted two hours on the composition of foods, their nutritive and reparative values, their falsifications, etc.: or, on the character of the soil, its cultivation, and elementary notions of gardening; or, the principles of hygiene, preventive measures, etc.: in a word, everything relating to the care and comfort

of a home. This was followed by a lesson in practice. We file out in groups to the "*buanderie*" where the washing is done. The installation is of the highest order. The washroom is tiled to the ceiling; the floor, also, is in large squares of tiling. The tubs are placed on wooden tables and arranged to facilitate order and cleanliness. Every article of household use is washed in its turn, beginning with the most simple: first day, handkerchiefs and smaller pieces. The directions are minute in regard to the handling of each article, and Mère Virginie inspected work and workers with an eagle eye to their short-comings.

First of all, the article must be examined and, if possible, washed in the direction of the warp, which has more resistance and supports the rubbing process better.

It was an eventful morning in the wash-room when one of the inspectors arrived to pay an informal visit before the official inspection at Easter time. She was well chosen for this duty. Mère Virginie sank into insignificance beside her. Tall, rigid, spare of form, with interrogative eyes that seemed to take nothing for granted, a mouth that reined in her teeth, so tightly drawn were the lips, she cast terror in her pathway, and some of the most timid nuns were embarrassed in responding to her questions.

She approached a tub where a young laic-teacher was hard at work, pointing stonily to a fluffy jabot that she wore at her neck, she remarked: "That is not appropriate for this work. What are you washing?" "A chemise," came the timid reply. "Is there lace on it?" "Yes, Madame." "How is lace held to be washed?" "It is folded over in this fashion." Then approaching another whose tub contained woolen articles, she asked: "What causes wool to shrink in washing?" "Rubbing," came the answer, "wringing, and the use of hot water." "What causes the tissue to change?" "Any caustic substance, such as soda, potassium, or a bleaching

water," was the reply. "What hardens wool?" "Drying it too quickly or the use of too hot water."

She passed on into the ironing room and all breathed a sigh of relief.

When the washing lesson was over we, too, made our way to the "*salle de repassage*." Our practice was preceded by a minute explanation that lasted from a quarter to half an hour. In ironing we learned that the warp played again an important part. A handkerchief, for example, must be pulled and straightened in the direction of the warp and ironed lengthwise of the warp; otherwise many little irregularities prevent its being folded as a perfect square. Minute directions were given for the ironing of every article from a handkerchief to a man's starched shirt. The work was inspected daily and marked good, very good, or bad, very bad, as the case might be. The most difficult part was the folding, and great attention was given to that, so that the work might have that "beautiful appearance" which to the French soul is so dear and which makes the housewife's heart rejoice as she regards her presses of snowy linen.

Happily, at this hour we have our second breakfast. The first consisted of coffee without sugar, and large slices of bread and butter which were really delicious. The second is like unto it except that beer, or milk is substituted for coffee. After this half-hour's interim we make our way to the kitchen to prepare our noon-day meal. "*La cuisine*" is a large room in which twenty-four of us work with perfect ease and without incommoding each other. It contains four stoves, as many long tables, and a number of large cupboards stored with all that is necessary for the complete equipment of a kitchen. The walls are decorated with colored charts, representing a sheep, cow, calf and a pig, upon which are designated the "cuts" that are used for edible purposes.

Upon the wall is hung the menu for the noon-day meal. We work now in

twos and each group hastens to see what dish is to be prepared by its number.

We are provided with cook books but before referring to them we gather about the table where Mère E— is standing to listen to her wise suggestions in regard to the quantities used, the treatment of "left-overs" or the use of condiments.

As this instruction is intended for the working-man's family all the kitchen utensils are simple and of a nature familiar to them. A series of menus are given, the cost of which do not exceed one franc and a half—in American money, thirty cents—and where sufficient food is provided for a family of six—food that has been tested and known to contain the nutritive and reparative properties in large proportion. For example:

Purée of beans	Purée of lentils
Roastbeef	Stewed veal
Endive with sauce	Potatoes
Purée of carrots	Apple fritters
Beef	Cabbage soup
Roasted potatoes	Baked codfish
Sugar tarts	Potatoes en purée
Butter cakes	Gaufrettes

A few minutes before the meal is served Mère E— makes the tour of the tables; each dish is tasted, commented upon, and marked as either successful or unsuccessful. We then carry our separate dishes into the dining room. Here it is partaken of with great relish. If the Walloons prepared the luncheon, the Flemands replace them at dinner. So each section has the daily preparation of one repast.

We were pleasantly surprised in the kitchen one morning by the visit of Monsieur Stevens, the Director-General of Industrial work in Belgium. It was towards the close of the term. The morning meal was being prepared by two of our members, the rest being engaged in calculating the cost of a series of menus. This implies a precise knowledge of market products. In each case the provision was being calculated for a family of six. A meal consisting of celery soup, roast veal, gâteau of

potatoes, and an omelette soufflé for six can be prepared in two hours and a half and at a cost of one franc, seventy-five centimes—in American money, thirty-five cents. Beans, lentils and dried peas are more nourishing than meat as articles of diet and much less expensive.

Armed with such information, how easily the working-man's wife could regulate the expense of her daily meals and vary them in such a way as to make them both appetizing and nourishing.

Mr. Stevens had told us in a previous conversation how important he believed this work to be. "So often," said he, "a man's comfort depends entirely upon his wife's housekeeping. I have known many cases where the home-life was ruined and men driven to spend all their time and money in drinking houses, because of the ignorance of their wives, the comfortless homes that they kept, and the careless preparation of their food. "Often," he continued, "a man who receives a small wage has been enabled to live more comfortably than one whose wage was triple the amount, because his wife knew how to care for her home and to spend their money to advantage."

After luncheon came the theory of knitting, sewing, or cutting as the case may be. The nuns are proficient in knitting stockings and repairing them in the most advantageous ways. Directions, however, are given by which this knowledge may be imparted. In cutting the simple necessary articles, such as men's shirts, under-clothing, children's aprons, are given as models. All the homely sewing, in which patching and mending play a large part, is carefully

explained and the teachers are practised in these arts.

At four o'clock work is again laid aside for the "goûter" which consists of sandwiches, beer, or milk. I have omitted to mention one part of the afternoon program, which was most interesting. It was the Didactic lesson. Every teacher chose a subject from the list that was given and prepared a lesson upon it. The lesson was given to a class of children in the presence of the teachers. The aim was to employ the objective method as much as possible. Mère A— sat quietly by, taking notes for future reference. At the close she ascended the platform, and after the children were dismissed, criticized the lesson, asking first of all for comments from the teachers. This was an instructive hour; not only the method of presenting the subject, but the manner of its presentation was carefully noted and the criticisms of Mère A— were so judiciously administered, invariably with so much tact and discernment, that they were received with applause.

Thus the days followed each other in rapid succession until the month had drawn to its close. The work passed over will be carefully practised until Easter time, when the teachers will return to the convent for their final examination. This is of two weeks' duration, when a practical demonstration of all that they have acquired is made before skilled judges, who demand a high degree of excellence. All who are successful will receive a diploma, not a mere piece of parchment, but a guarantee of their faithful study and proficiency in the art of housekeeping.



Simple Food Versus Food Bric-A-Brac

By Jessamine Chapman

ALL foods in themselves are simple. It is what we do to them at times that makes them Bric-a-brac, or even rubbish. In the processes of cooking we start with a simple food-stuff. The result after preparation may be still a simple, palatable, nutritious food, or it may be Bric-a-brac. In the manipulation usually the flavor is changed. For example, all cheeses are made from the curds of milk, but the various processes of curing give innumerable varieties and flavors of cheeses. Roquefort Cheese at sixty cents a pound has no more food value than plain American cheese, but the additional cost is a result of time and effort in developing that special flavor.

How much is it legitimate and wise to do in the preparation of our food and when does it become wasted effort, with Bric-a-brac as a result?

Time, labor, and money are surely factors in determining whether the result will justify the means or not. There may be times when there is more economy in buying the best brand of canned soup than in taking the time and labor to make soup stock and then the finished soup. Perhaps there are times when nothing else will quite take the place of Puff Pastry, but in nine cases out of ten, good, plain pie crust is as satisfactory to the palate and certainly to the digestive organs.

Some families live mostly on food bought from the delicatessen stores, but one must remember, in buying cooked foods, time and labor in the preparation are paid for, plus the raw food materials. It seems a question of economy only for the people who have not the time or conveniences needed for the preparation of meals. Certainly there is not the same opportunity to cater to individual tastes

and there is a greater chance of the food being bric-a-brac only.

A mint of money is spent on foods for table furniture only—pickles, relishes, sauces, etc. They are bric-a-brac or furniture of a useless kind. Possibly they have a place in the dietary, but too often they assume too prominent a place. Economy could be practiced with good results to our purses and digestions, if we restricted the use of these.

The seasoning of a simple food may change it to bric-a-brac. A drop of Tabasco Sauce today may produce just the right result, and tomorrow two seems to be necessary, and thus the habit of over seasoning grows upon us,—and where does it take us? We are soon dissatisfied with the taste of plain food and require artificial flavors which often entirely mask the flavor of the food itself. It is the seasoning we taste and like in an oyster cocktail, for we get little oyster flavor as a rule. In making creamed soups from the pulp of delicately flavored vegetables, as corn, carrots, oyster plant, and spinach, for example, great care must be taken in the seasoning used, or the delicate flavor of the vegetable itself may be destroyed. A shake of celery salt added to such a soup may improve the soup, but more than that shake would be disastrous.

The addition of highly seasoned sauces often makes bric-a-brac of a food. What a shame to ruin the flavor of a fine Porterhouse steak by the addition of a complicated, highly-seasoned, foreign-flavored sauce! On the other hand, a fillet of beef requires a sauce to supply the lack of flavor in the meat itself. Two questions might be asked in determining the uses of a sauce in cooking;—first, is it needed for flavor; second, will it add to the food value of the dish? An

egg in itself is a bland food. A cream sauce added may give a decided flavor and greatly increase the food value. A lamb chop has a distinct flavor of itself. To add a sauce in serving is quite unnecessary for either flavor or food value. How much flavor of mushrooms does one get by adding a thirty-cent can to a brown sauce? Is the result worth that much?

Food may appear to be Bric-a-brac, by over-garnishing. We like to find expression for ourselves in various ways;—the painter on his canvas, the musician in his composition, the writer in his flow of language. An attractively prepared food, garnished artistically, is an expression of the artist as well. Incongruity in garnishing might produce the same result upon us, that the gilded ornaments, the wax flowers, and the mottoes woven of worsted would, if we could walk into our grand parents' parlor now. A food must be edible. Why cover it with unedible things, lobster claws, paper frills, etc., in garnishing? Rather use the very choicest bits of the food itself and its accompaniments.

Ignorance of the composition of foods may lead one to produce bric-a-brac all unknowingly. One may burn the gas all day, take time in preparing the vegetables and seasonings, use great care in cleaning properly, in making a bouillon from a shin of beef, and what is the result? A rich-looking, well-flavored clear soup, but with no food value,—bric-a-brac as far as actually supplying heat and energy to

the body. Its only use is as an appetizer and, perhaps, there are times when its preparation for such may be desirable. One justification we have in using many green vegetables in our dietary which are of little or no food value, is the fact that they are carriers of other valuable foods, fat in mayonnaise dressing, butter, milk in sauces, bread, cheese and meat gravies.

Perhaps the most serious objection to Food Bric-a-brac is its indigestibility. No one will deny that a plain food with the simplest of seasonings is less apt to cause indigestion than foods prepared elaborately with high seasonings, sauces, and complicated processes in cooking. Puff pastry with rich fillings, made-over meat dishes, rich, complicated salads must not be a daily indulgence, if we wish to avoid digestive troubles.

For variety, which is essential in any diet, we constantly seek new ways and means in the preparation of foods, but let us not forget to keep a balanced mind in judging of the merits of these methods. Does the end justify the means? Can we afford to put the time, money, and labor involved in certain methods of preparation, will its appearance, flavor, and food value justify the means, and will it in the end be more palatable and digestible by the processes involved in preparation? To avoid Food Bric-a-brac let us take the rule, "the simpler the better." But all rules have exceptions and to know when these can be made is the problem for housekeepers to solve.

The South Wind

By Cora A. Matson Dolson

The South Wind whispers lovely things
Of blue lakes where the lilies sleep,
Orchards, and clear, shaded springs,
Of nests that unborn music keep.

O sweet South Wind, come up my way,
And breathe your promise to my ear!
I will not heed the gruff March day,
But fling my window wide to hear.

I knew you, dear South Wind, of old;
When I watched for my lover lad,
You filled my apron with the gold
Of daffodil, and made me glad.

And now, South Wind, for that dear sake,
When skies were fair and love was sweet,
Across drear fields your old way take,
And lay some treasure at my feet.

A Colonial Supper

By Ida Cogswell Bailey

Recipes adapted from Colonial Times

ALTHOUGH the cookery of the early days in our country is generally conceded to be historically delicious, very little is known about it, save as a few old families treasure here and there recipes handed down from generation to generation. There are, however, scattered about the land, particularly through the southern and New England states, queer old pamphlets, books and musty manuscripts, which tell of dishes and quaint methods used in Colonial days.

In reading these fascinating pages, one is impressed with the sense of leisure they convey, for in Colonial housewifery nothing was hurried, and, also, with the surprising fact that many methods in vogue today are adaptations and revivals of old time ways. Modern housekeepers are advised to allow the stock to approach boiling-point slowly, then merely simmer, in order to extract meat juices and flavors. The cook-book of 1778 advises the housewife to "let the stock pot come slowly to the boiling point, that the heat may penetrate the meat and cleanse from it the clotted blood." To-day we recognize the value of meat seared quickly then slowly roasted; the old cook-book says, "everybody knows the advantage of slow boiling, slow roasting is equally important." To-day's cookery teaches the thorough preparation of cereals, that the starch may be wholly cooked, while the queer recipe for "American Rice Balls" says that "they should be boiled at least two hours."

The delicious and ingenious combinations, purity of flavors, many uses of dried fruits and vegetables, carefulness of preparation and ability to plan without the convenient store of to-day, with its seductive canned goods and bakery products, provoke the thought, "were the

sturdy bodies of yesterday's men and women built by pure foods properly cooked?"

The modern fireless cooker is merely a brick oven in new dress. In olden days the fire was laid in the oven; when the bricks were of the proper temperature, the hot coals were raked out and the oven was ready for use. In the commercial fireless cooker, we find the same principle used, save that the heat is supplied by hot stones or metal discs, which are placed in an insulated, air-tight box with the food to be cooked. Until the fireless cooker became practical, it seemed impossible to duplicate the rich results of old-fashioned cooking without aid of the Dutch oven; but now that a slow, even temperature can be obtained, the difficulty is overcome, and with the exception of genuine roasting before an open fire, Colonial dishes can be completely copied. Whereas the fireless cooker gives the most pleasing results, when the directions call for long slow preparation, any well-regulated range can furnish results almost equally good.

Colonial recipes, at first sight, are not adapted to immediate use. They must be conned and pondered and laughed over, then ingeniously grasped and conformed to modern rule. An extreme example of impracticability is shown in these quaint directions for making gingerbread,—"I always take some flour: just enough flour for the cakes I want to make: I mix it with some buttermilk, if I happen to have it, just enough for the flour, then I take some ginger,—some like more, some like less; I put in a little salt and Pearlash, and then I tell John to pour in molasses till I tell him to stop." A knowledge of proportions is necessary in adapting them, as, many times, the quantities are merely suggested. Nearly all the cakes are of a

close firm texture, such as pound cake, seed cake, "menon" cake etc. The leavening or "lightening," as it is generally called, is furnished by large quantities of eggs "beaten to the consistence of good boiled custard," or by the use of sal-volatile or "pearlash" combined with an acid. Irving Batchellor mentions this leavening in "D'ri and I," when the narrator says that pearlash was among the products bringing ready cash to settlers.

To duplicate old-time dishes in perfection, a variety of unusual seasonings will be required, such as "soy sauce," (imported from China) walnut ketchup, orange-flower water and numerous herbs; many of them may be obtained in stores, but the old books give profuse directions for making a great number, which, if followed to-day and prepared in quantity would not only decrease the market bills, but also make cookery more pleasurable, because the results would be complete.

Alice Morse Earle, in her book, "Home Life in Colonial Days," gives various menus showing the hospitable bounty of the times. In speaking of Miers Fisher, a young Quaker lawyer, she quotes, "This plain Friend, with his plain but pretty wife, with her Thees and Thous, had provided us a costly entertainment: ducks, hams, chickens, beef, pig, tarts, creams, custards, jellies, fools, trifles, floating islands, beer, porter, punch, wine, and a long," etc. In modernizing a Colonial menu, many dishes must be eliminated and some changes made in the manner of serving, such as providing individual drinking cups, forks and the "like." The table should be bare, and if possible deal-topped, bestrewn plentifully with sweet grass and rushes; flickering candles in pewter or silver candle sticks afford light, and all dishes used should be of quaint old pattern, preferably blue and white canton or willow ware. As far as convenient, silver or pewter serving dishes should be used. Huge silver tankards, filled with foaming ale, should be on either table-end, and a small flagon be set at each cover. A "grand conceit" or des-

sert should occupy the centre of honor, while around it may be grouped sweetmeats, fruits and nuts. The remaining dishes should be placed at suitable intervals for serving; for all food appears at the same time. It must be remembered that whenever possible all meats, pasties, etc., should be served at the table, for in the olden days carving was not only an art, but also a science.

The following suggestive menu for a Colonial supper will prove both delicious and unusual,—

Mock Turtle Soup	Force Meat Balls
Oyster Loaves	Potted Smelts
Smothered Duck	Savory Potatoes
Ham Roasted with Madeira	
Sour Cabbage	Hot Short Rolls
A Trifle	Rice Cakes

The recipes have been worked out according to modern standards, although the original seasonings and combinations have been preserved. In prefacing the recipe for "Mock Turtle Soup," which, by the way, is old Virginian, the Colonial writer assures the "reader" that "every lover of good eating will wish his throat a mile long and every inch of it palate."

Mock Turtle Soup

½ a calf's head, scraped and cleaned	4 tablespoonfuls of butter
1 pound of round steak	1 inch stick of cin- namon
1 pound of neck mut- ton	1 blade of mace
2 tablespoonfuls of chopped carrot	1 sprig of parsley
2 tablespoonfuls of chopped turnip	1 tablespoonful of walnut ketchup
2 tablespoonfuls of chopped celery	1 tablespoonful of tomato ketchup
1 tablespoonful of lemon juice	½ a cup of flour
	Salt and pepper to taste

Wash, scrape and clean a calf's head, split it in halves, using the extra half for some other dish. Soak it 2 hours in cold water, then boil gently for an hour in 3 qts. water. Cut meat from bones, cut beef and mutton in inch cubes and fry meat and vegetables in ¼ cup beef drippings till browned. Combine with stock, adding water to bring amount to 3 qts. and put in spices. Simmer gently 4 or 5 hours; strain and cool, remove fat, heat

and thicken with the butter and flour cooked together; add ketchups, salt and pepper to taste and serve with the hard-cooked eggs, chopped, and forcemeat balls.

The author goes on to state that "Force Meat Balls" make a "very elegant addition" to the soup.

Force Meat Balls

1 cup of cooked veal, pounded	2 hard cooked egg yolks
3 tablespoonfuls of cream or melted butter	1 teaspoonful of minced parsley
1/4 a cup of fine soft crumbs	1 teaspoonful of minced shallot
1 egg white	Salt and pepper to taste

Cook crumbs in cream till smooth, add to pounded veal with other seasonings and egg yolks, make into little balls, roll in slightly beaten egg white and poach in boiling salted water. Calves' brains, or blanched, and boiled sweetbreads, may be used in place of the veal.

Mrs. Earle's description of fish potting time in old Boston is particularly vivid when she tells how a pile of fish was left beside each door, and the domestic hogs were loosed to clean the streets. The recipe for "Potted Smelts" is from Puritan times, the only material change being the substitution of olive oil for melted beef fat.

Potted Smelts

6 dozen smelts	1 ounce of whole all-spice
2 cups of olive oil	1 ounce of pepper-corns
6 cups of vinegar	Mix and tie in cloth bag
3 tablespoonfuls of salt	
1 ounce of whole cloves	

Clean smelts and remove heads and tails. Pack them in small, deep earthen or stone pots. Sprinkle them with salt, putting them in layers, and place spice bags throughout at intervals. Cover fish with oil and vinegar and bake four hours in moderate oven. They will keep, closely covered, for months.

While oysters were considered a great delicacy, they were not deemed particularly nutritious, for the old book goes on

to say that "steak affords much more substantial excitement to the digestive organs." The recipe for "Oyster Loaves" dates back to 1773 and is of Marblehead origin. The term "beard the oysters" refers to the separation of muscle from soft parts.

Oyster Loaves

12 French rolls	Grating of lemon rind
1 pint of oysters	Few grains of mace
2 tablespoonfuls of butter	Salt and pepper to taste
1/2 a cup of thick cream	

Cut tops from rolls, scoop out the crumbs and brush thoroughly both inside and out with clarified butter. Set in hot oven to brown. Fry the coarse crumbs in butter. Beard the oysters, then place them in a sauce pan with the butter and seasonings, shake over heat until oysters begin to curl; add heated cream and serve very hot in browned rolls accompanied by fried crumbs.

"Smothered Duck" is a typical way of preparing game in olden days, and is especially noticeable because of its unusual seasonings. In preparing this a fireless cooker is invaluable; it is also well adapted to paper-bag cooking.

Smothered Duck

1 (2-3 pound) duck	Stock to half cover duck
Salt and pepper	1 pint of green peas
4 tablespoonfuls of butter or drippings	Sprinkling of dried mint
3 tablespoonfuls of flour	Soy sauce

Dress duck, dredge with salt and pepper, place onion and sage inside body and partially roast bird. Set in deep earthen-ware dish or casserole and half cover with hot stock, using about 4 cups. Thicken with butter and flour rubbed together, season if necessary and add peas and a trace of mint; let bake or stew till tender, about 30 min. longer, season with "soy sauce" and serve with hominy balls and sour cabbage.

The recipe for "Sour Cabbage" is old Dutch, 1750, and while the yellow pages

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THE COOKING-SCHOOL MAGAZINE is designed for the progressive housekeeper. It aims to furnish an essential part of her household equipment. The price is ten cents a month. Rare, indeed, must be the home maker who can not find something in each number of far greater value than a dime represents.

There is nothing vague, uncertain or impersonal in the pages of the magazine. It is not departmental, and belongs to no group. It carries each month the faithful message of one responsible and experienced housekeeper to another.

Do not, therefore, overlook an opportunity, so manifest and prudent, to keep in touch with the progressive spirit of the age. . . . For widespread interest in all branches of Domestic Science and a consequently rapid development therein are leading characteristics of the present day. How much depends upon intelligent, healthful homes!

THE PRICE OF WINNING

PRIZE fighting is a brutal and brutalizing exhibition, yet no one can begrudge the prize fighter what he wins. For it must be confessed that by constant and assiduous training, both physical and mental, he has fitted himself to face his antagonist and give and take hard knocks. His is a square deal. He takes chances, and if he wins out, why should he not be well entitled to the stakes?

Now somewhat after the manner of the prize fighter and the runner, is the way in which most things are achieved in this world; to win out in most lines of endeavor one must be prepared to give and take hard blows. That which is gained through dishonesty, through unfair, unjust dealing, is the thing to be always and everlastingly condemned.

The questions every young person must be prepared, at some time, to face and answer are: "What are your attainments? What are you qualified to do? What goods have you to offer? Is there one thing you can do better than another?" and the sooner one begins to think of these things and train for the contest, the more likely will be the prospects of success.

"A man is relieved and gay," says Emerson, "when he has put his heart into his work and done his best; but what he has said or done otherwise shall give him no peace. It is a deliverance which does not deliver. In the attempt his genius deserts him; no muse befriends; no invention, no hope."

THE WIFE'S OWN PURSE

IN these progressive days of woman's independence, we hear more and more frequently of the wife who has a private source of income which she spends as she pleases. She does not consult her husband, or consider it any of his business, when or how she opens her own purse. Many women who earned their own living before marriage find it very irksome to call upon another

for every penny, and cast about for ways of making pin money while still carrying on the duties of the new home life. There are some who can continue in their former business or professional lines, merely diminishing the amount of labor, as with dressmaking, writing, lecturing, designing, musical work and so on. Other women make all sorts of articles for the women's exchanges; some obtain through the newspaper columns various kinds of at home work. A more favored class have worldly possessions of their own, houses and lands, perhaps, stocks or bank accounts. In such cases rents and dividends fill their purses with an income for their exclusive use.

If anyone asks why a woman wants this independent wherewithal, the answers are not far to seek. Granted a husband who is a model of unselfishness, who never questions his wife's right to demands upon his income and who never criticises her use of money, the modern woman with her ever-widening interests, has many uses for her own purse. First of all there are her private charities. She wishes, for instance, to help her younger brother or sister through college, to send luxuries to some invalid friend, to make gifts to her Sunday School class, incidentally to make birthday gifts to her husband and relatives. A conscientious wife feels that she ought not to draw upon her husband for such purposes, even if he can afford it, and in many cases he cannot. Moreover, by taking his money, she loses the sweet sense of personal sacrifice and personal giving, which comes in using her independent means. Most of all is this true in the support of church and missionary work. We teach our children the joy of giving by letting them use their own little earnings, and the principle applies equally to mothers.

This spirit of personal giving takes nothing at all from the perfect harmony which ought to exist between husband and wife. Indeed, the more closely

united they are, the more does the unselfish wife shrink from using an undue share of her husband's earnings in ways which may cost him some personal sacrifice.

But besides altruistic channels of expense, the modern woman has an increasing number of ways of spending money on herself. Her club dues are an item which she does not like to lay upon the overburdened family income, with all the extra demands upon the purse which club interests entail—lectures, concerts, books, carriages, etc. In families of modest income, the pleasures the husband and wife enjoy together are about all that can be afforded.

It is understood, of course, that the faithful wife is entitled to a rightful proportion of her husband's income for her own purposes. A definite allowance for which she is to give no account belongs justly to her. The contention here for a separate, additional purse, is on the ground of those extras, which in families of moderate means would be otherwise unjustifiable. There is a multitude of things which our grandmothers never dreamed of, which we modern women consider eminently desirable for a broader life. Moreover it surely makes for the smooth running of the home, when husband and wife need not bother to discuss how much the wife can afford for this or that charity or luxury. A large group of difficulties is eliminated from domestic problems, and whatever friction might arise from differences of opinion is entirely obviated. We all like to believe that there are multitudes of happy wives even among those who for some reason cannot have a purse of their own, but we congratulate the women who have this good fortune, and anticipate the time when the number shall be greatly increased.

E. M. H.

THE BOY SCOUTS

ONE of these days there will be a Little Journey to the Home of Ernest Thompson-Seton. For, unless I

miss my guess, here is a man who has started something.

That something is the Boy Scouts of America.

Seton-Thompson is a man with an imagination. He and the English General Baden-Powell have formulated a plan for the utilization of surplus energy in boys—a practical, workable plan founded on a real insight into boy nature.

In the first place, "The Boy Scouts of America is not a military movement: it is not a religious movement, but an educational movement."

It teaches the boys to help themselves by helping others. It teaches them self-reliance, usefulness, courage and kindness.

The gist of the whole thing is right here in the nine laws that govern the life of every Scout:

A Scout's honor is to be trusted. If a Scout says, "On my honor it is so," that means that it is so, just as if he had taken a most solemn oath.

A Scout is loyal to his parents, his leaders, his country and to all to whom his loyalty is due.

A Scout's duty is to be useful and to help others. He must be prepared at any time to save life or to help injured persons. And he must try his best to do a good turn to somebody every day.

A Scout is a friend to all and a brother to every other Scout.

A Scout is courteous; that is, he is polite to all, but especially to women and children, and old people and invalids and cripples. And he must not take any reward for being helpful or courteous.

A Scout is a friend to animals. He should save them as far as possible from pain, and should not kill any animal unnecessarily.

A Scout obeys orders of his parents, patrol-leader or Scout-Master. That is discipline.

A Scout smiles and whistles under all circumstances. When he gets an order he should obey it cheerily and readily,

not in a slow, hang-dog sort of way. Scouts never grumble at hardships nor whine at each other.

A Scout is thrifty; that is, he saves every penny he can and puts it in the bank, so that he may have money to keep himself when out of work, and thus not make himself a burden to others, or that he may have money to give away to others when they need it.

And obedience to these laws during boyhood means a new type of American manhood—a cleaner, sturdier, kinder lot.

Already in Chicago there are five thousand Scouts, in New York probably twice as many, and in other towns the boys are getting together as fast as men can be found to organize them.

This is not just a sudden fad or craze that will blaze up today and die away. It is a thing that works—a thing that will last.

The other night I walked home with one of my boys who was trying to learn the history of the American Flag, a Tenderfoot-Scout test. He said: "I guess I'd a' learned about the flag from hist'ry if I'd a' studied. I ought 'o be in second grade High School, but I ain't."

I thought he'd probably been kept out by sickness, but he continued, "You know, the Scouts is all that got me from smokin' cigarettes and chewin' tobacco, and shootin' craps and playin' hooky."

"Well, you know, now, there's nothing in that sort of business," I said.

"No, not when you can be a Scout," he replied.—*Walker M. Van Riper, in The Fra.*

A Reliable Source of Information

Augusta, barely three, is a singularly imaginative child who plays alone and talks to herself incessantly. One day at the dinner table she looked out of the window and said solemnly, "Trees are God's flowers."

"Why, Augusta," exclaimed her mother, "Who told you that?"

"*Myself told me,*" was the quiet reply.



SALTED PECAN NUTS, CRYSTALLIZED GRAPEFRUIT PEEL

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Artichoke Bottoms with Caviare (Hors d'Oeuvre)

WIPE dry as many artichoke bottoms (canned or fresh) as are needed. Roll them, singly, in olive oil, then in half the measure of vinegar with a little salt and pepper. Pour the remainder of the dressing into the hollowed side of the bottoms and set aside in a cool place for an hour or more. When ready to serve dispose on a serving dish or, one each, on individual plates. Cut out rings from delicately flavored aspic jelly and dispose in the center of the artichokes. Fill the opening in the center of the jelly with caviare mixed with a little lemon juice. Decorate with figures cut from slices of pickled beet and with cubes of aspic. Serve with pulled bread or brown bread sandwiches.

Ham Canapés

Cut slices of bread one-fourth an inch

thick; stamp from these ovals or rounds one inch and a half in diameter; toast slightly and spread with mustard butter. Over the butter set a border of very fine-chopped cooked ham. Set some of the prepared ham in the center to leave a ring of the butter. Pipe a rosette of butter in the center. Chill before serving. To prepare mustard butter, beat half a cup of butter to a cream; gradually beat in a tablespoonful of mustard, then, drop by drop, about a teaspoonful of lemon juice.

Mulligatawney Soup

Melt one tablespoonful of butter in a saucepan; add one small onion, chopped, half a carrot, cut in cubes or julienne shapes, and one branch of tender celery, cut in bits; let cook without browning five or six minutes; add one tablespoonful of cooked, lean ham, cut in cubes, half a cup of tomato in bits with seeds discarded, one teaspoonful of tomato catsup, one tablespoonful of rice,

blanched, a teaspoonful of salt, one-fourth a chili pepper, chopped fine, and three pints of chicken or chicken and veal broth; heat to the boiling point; add one tablespoonful of potato flour and one teaspoonful of curry powder mixed with a little cold water and let simmer half an hour. Add half a cup of cooked chicken, cut in cubes, and the soup is ready to serve. Half a raw apple, pared and cut in small cubes, is often added with the tomato.

Cream of Salsify Soup

Cook the salsify in the usual manner. Half an onion, a stalk of celery and two branches of parsley may be cooked with the salsify if desired. Drain the salsify and press it through a sieve. For one cup of purée prepare one pint of cream

of salt, strain and use as above. The mixture may be thickened with two tablespoonfuls of flour beaten into two tablespoonfuls of creamed butter, if preferred.

Canned Salmon Croquettes

Open a can of salmon steak and drain off all liquid; turn the salmon on to tissue paper and let stand to drain thoroughly, then separate the fish into flakes. Make a cup of sauce with three tablespoonfuls of butter, one-fourth a cup of sifted flour and one-fourth a teaspoonful, each, of salt and pepper; add the flaked salmon, mix without breaking up the flesh more than is necessary. Spread on a buttered plate and set aside to become cold. Shape into croquettes; egg-and-bread crumb and fry in deep fat.



ARTICHOKE BOTTOMS, WITH CAVIARE

sauce (one-fourth a cup, each, of butter and flour, half a teaspoonful, each, of salt and pepper and two cups of milk); add the purée, one pint of milk or white broth and such additional seasoning as needed.

Finnan Haddie, Creole Style

Wash a finnan haddie and let soak half an hour in cold water, skin side up. Wipe dry and set in an agate baking pan. Pour over a cup and a half of the following sauce and let bake about ten minutes. Baste with the sauce twice. Cook twenty minutes two cups of tomatoes, a green pepper, chopped and seeded, half an onion, chopped, three branches of parsley and one-fourth a teaspoonful

Serve with peas or string beans and cucumbers or sauce tartare.

Oyster Croquettes

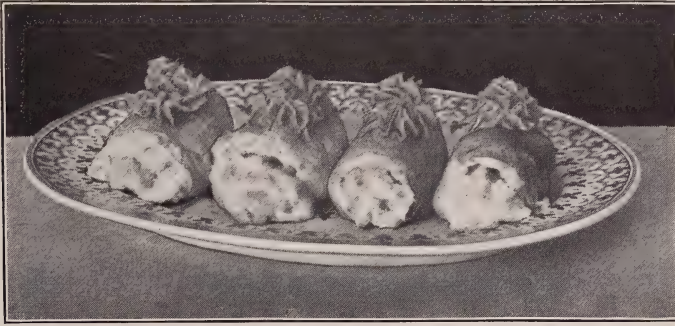
Pour a cup of cold water over a quart of oysters and examine them, one by one, to remove bits of shell. Strain the liquid over the oysters, heat quickly to the boiling point, skim out the oysters and cut them in two or three pieces, each. Put two level teaspoonfuls of gelatine to soak in three or four tablespoonfuls of cold water. Melt one-third a cup of butter; in it cook one-third a cup of flour, half a teaspoonful, each, of salt and paprika. Pour on one cup of oyster broth and half a cup of cream. Cook and stir until boiling; add one beaten egg and stir

and cook without boiling until the egg is set. Add the gelatine, a teaspoonful of lemon juice and the oysters. Turn the mixture on a buttered plate, cover with a buttered paper and set aside to become cold and firm. Shape in balls, roll these, on the board, under the fin-

of egg mixed with milk. Set the dishes into the oven to brown the crumbs and the edges of the potato.

Pastry Cannelons

This dish may be made with puff-paste with a filling of sweetbreads,



PASTRY CANNELONS

gers to such shape as is desired. Cover with soft, sifted bread crumbs, then cover with egg, diluted with milk, and roll in crumbs. Fry in deep fat. Prepare clams or scallops in the same manner.

Creamed Fresh Fish en Cocotte

Dispose cooked fresh fish, flaked when hot, and mixed with cream sauce (one cup of fish to three-fourths a cup of sauce) in individual dishes (china or paper); pipe mashed potato on the edge

mushrooms and truffles or with flaky pastry and a filling of chicken, veal, peas or asparagus. Roll the pastry to the thickness of one-fourth an inch or less, cut out with an oval cutter and roll these oval pieces around wooden or tin rollers about three inches long, set them on a baking sheet, the part overlapping beneath, brush over with beaten yolk of egg and bake till done. Remove the rollers, fill with the solid ingredient mixed with cream sauce. Pipe green pea purée above and serve at once.



ARTICHOKE SALAD

of the fish, cover the fish with cracker crumbs, stirred into melted butter, and brush over the potato with beaten yolk

Chicken Patties, Queen Style

Put one cup of boiling water and two

ounces (one-fourth a cup) of butter in a saucepan over the fire; when boiling sift in one cup of sifted flour, beat thoroughly and cook to a smooth dough,

one cup of rich milk or thin cream (for cream sauce) or half a cup, each, of chicken broth and sauce (for Bechamel sauce) and stir until boiling. Add the



SWEET PICKLED MANGOES

that may be gathered together into a ball; turn into an earthen bowl and beat in three unbeaten eggs, one at a time. Beat the mixture smooth between the addition of each egg. Drop the mixture by smooth and rather small tablespoonfuls into a kettle of hot fat; let cook, turning often until well puffed out and brown throughout; drain on soft paper. Cut open on one side and fill with cubes of chicken in hot cream sauce. One cup and a fourth of chicken in one cup of cream sauce will fill eight or nine good-sized patties.

Cream or Bechamel Sauce

Melt two level tablespoonfuls of but-

ter, cut in cubes, and keep hot over boiling water until ready to serve.

Potato Salad

Cut cold, boiled potatoes in half-inch cubes. For three cups of cubes, chop fine half a small onion, four branches of parsley, four olives, four small gherkins or a tablespoonful of piccalilli, half a chilli pepper and a tablespoonful of capers. Add these to the potato, with five tablespoonfuls of olive oil and mix with a fork and spoon; add a scant teaspoonful, each, of salt and paprika while mixing in the oil, then add three scant tablespoonfuls of vinegar and mix again. Set aside in a cool place for an hour or



POTATO SALAD, GARNISH, PICKLED MANGOES AND BEETS

ter; in it cook two level tablespoonfuls of flour, and a generous fourth a teaspoonful, each, of salt and pepper; add

longer. Add more oil or seasoning if needed. Dispose in a mound on a serving dish. Surround with slices of

pickled mangoes and above these set figures cut from small slices of pickled beet.

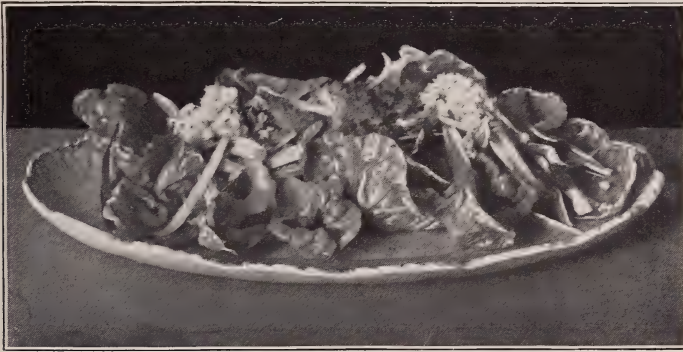
Sweet Pickled Mangoes

With a column cutter or a round apple corer remove a piece from the stem end of half a peck of mangoes. With the handle of a small spoon remove the seeds and soft inner portions. Chop rather less than one-fourth of the mangoes; add one or two tablespoonfuls of white mustard seed, a sweet red pepper, chopped fine, and if desired a cup of sultana raisins or cleaned currants. With this mixture fill the mangoes; set the bit removed from the ends in their

bers, six to eight inches in length and an inch and a half to two inches in diameter, may be prepared in the same way. To serve cut in rather thick slices.

Artichoke Salad

Marinate artichoke bottoms in French dressing for half an hour or longer. Drain and cut in small pieces in the same manner that a pie is cut, keeping the pieces in place. With a broad spatula set each artichoke (after cutting) carefully on one or two heart leaves of lettuce and set a rounding teaspoonful of mayonnaise dressing in the center of each bottom; above the dressing sift hard-cooked yolk of egg.



ENDIVE-AND-EGG SALAD

respective places and push two or three halves of toothpicks through them into the mangoes to hold the piece in place. Care must be taken to put back the piece taken out into the place to which it belongs. Put the mangoes into a receptacle with a scant half-cup of salt, cover with cold water and let stand overnight. Drain, rinse in cold water and set over the fire in cold water; let boil several minutes or a longer time if a soft pickle be desired. Drain, weigh the pickles, take half the weight in sugar and half a cup of vinegar for each pound of sugar; add a little stick cinnamon if desired. Let boil to a syrup; add the mangoes and let boil five or six minutes or until soft enough to pierce easily. Store as canned fruit. Green cucum-

Endive-and-Egg Salad

Set endive, cut in julienne strips and seasoned with French dressing, on heart leaves of lettuce. Above dispose chopped whites and sifted yolks of hard-cooked eggs. Add a few bits of pickled beet or pimento to give a little color to the dish. Serve as a luncheon or supper salad.

Endive Salad, with Beets and Cream Cheese

Cut endive heads in julienne shreds; let crisp in cold water, dry on a cloth and season with French dressing. Dispose on lettuce leaves on individual plates; and sprinkle with chopped pickled beet. Set a slice of cream cheese

on the edge of the plate. Serve with toasted crackers, pulled bread or toasted English muffins, in place of a sweet dessert dish.

Salsify, Bourgeoise Style

Scrape one bunch of salsify roots; wash each root as scraped; cut it into inch or half-inch lengths and set at once to cook in boiling water to which one tablespoonful of flour stirred with cold water has been added. Let boil rapidly until tender. Unless one can prepare the roots quickly, it were better to let them stand after cutting in pieces in cold water, acidulated with two or three tablespoonfuls of vinegar, until all are ready. Prepare half a cup of cream sauce; into

spoonful of cream-of-tartar, (four level teaspoonfuls of baking powder may replace the soda and cream-of-tartar). Add more flour as needed to make into a stiff dough. Roll into a thin sheet, cut in small rounds and bake in a quick oven.

Butter Macaroons

Beat half a cup (one-fourth a pound) of butter to a cream; beat in half a cup of sugar, one-third a cup of fine-chopped almonds (blanched before chopping), the hard-cooked and sifted yolks of two eggs, grating of lemon rind and a generous cup of sifted flour. Work the whole together to a smooth, stiff dough. Break off small bits of the dough and



ENDIVE SALAD, WITH CHOPPED BEETS AND CREAM CHEESE

this stir the beaten yolk of an egg, mixed with two tablespoonfuls of cream, and pour over the drained oyster plant. Shake and toss (without boiling, lest the sauce curdle) until the pieces of salsify are coated with the sauce. Turn on to a hot dish. Surround with toast points or pieces of bread fried in butter. The egg and cream may be omitted.

Vanilla Wafers

Beat half a cup of butter to a cream; gradually beat in one cup of granulated sugar, one egg and the yolk of another, one-third a cup of milk, one tablespoonful of vanilla extract, two cups of sifted flour, sifted again with half a teaspoonful of soda and one slightly rounding tea-

roll in the hands to balls the size of a hickory nut; set on a buttered baking sheet and pat down. Beat the white of an egg slightly and with it brush over the top of the little cakes, then dredge them with granulated sugar. Bake in a moderate oven.

Yeast Doughnuts

About seven o'clock in the morning crumble one or two yeast cakes into a cup of scalded-and-cooled milk; mix thoroughly, then beat in about one cup and a fourth of bread flour. Beat until smooth, cover and set aside until well-puffed up and full of bubbles (about one hour). Add two eggs, half a cup of sugar, one-third a cup of melted but-

ter, half a teaspoonful, each, of salt and ground mace and flour enough for a soft dough. Nearly four cups of flour

Beat three large eggs very light without separating the whites and yolks. Gradually beat in one cup and a half



(in sponge and dough) will be needed. Knead the dough until smooth and elastic, cover and let stand until doubled in bulk. The time of rising will vary, but probably by eleven o'clock, at the latest, the dough will be ready to turn upon a floured board. Pat the dough into a sheet about three-fourths an inch thick. Cut in strips three-fourths an inch wide, twist and lengthen these, then shape like the letter eight. Let stand on the board, closely covered, until light throughout.

of granulated sugar, two tablespoonfuls of melted butter, three ounces of melted chocolate, and then half a cup of luke-warm water. Lastly, beat in one cup of sifted pastry flour, one-fourth a cup of potato flour (half a cup of ordinary flour may replace the smaller quantity of potato flour) half a level teaspoonful of soda and a slightly rounding teaspoonful of cream-of-tartar sifted together. A teaspoonful of vanilla may also be added. Bake in two or three layers. Put the



YEAST DOUGHNUTS

Fry in deep fat, dredge with confectioner's sugar.

layers together with Mocha frosting.

Chocolate Sponge Cake, Mocha Frosting

Mocha Frosting

Beat three-fourths a cup of butter to a cream; gradually beat in two cups of

sifted confectioner's sugar and between two and three tablespoonfuls of very strong coffee extract.

apple (either the grated or the sliced made fine and mixed with the syrup in the can) ; add the sugar and lemon juice



PINEAPPLE BAVARIOSE, POMPADOUR STYLE

Pineapple Bavaroise, Pompadour Style

The materials needed are a can of sliced pineapple, or half a can of sliced and half a can of grated pineapple, one-third a package of gelatine, one-third a cup of cold water, the juice of half a lemon, two-thirds a cup (scant) of sugar, two cups of double cream, one dozen pistachio nuts and two dozen candied or maraschino cherries.

Split the slices of pineapple, then cut each in halves and use to line the bot-

tom and stir over ice water until beginning to set, then add half the cherries and nuts, chopped, and fold in one cup and a half of the cream, beaten solid. Turn into the lined mold. When cold and set, unmold and decorate with the rest of the cream, beaten solid, and sprinkle with the rest of the chopped cherries and nuts.

Bombe, Algonquin Style

Scald one quart of milk and one-fourth a cup of sugar. Beat the yolks of from six to eight eggs, add one cup of sugar



BOMBE, ALGONQUIN STYLE

tom and sides of a mold holding five cups. Soften the gelatine in the cold water, dissolve in one cup of hot pine-

and beat again; then cook in the hot milk as a boiled custard. Add half a cup of cream and let chill. Add one

tablespoonful of vanilla and freeze in the usual manner. Have ready a dozen lady fingers, half a cup of cream, beaten firm, and half a cup of maraschino cherries with two tablespoonfuls of anjelica, both cut fine and mixed with syrup from the jar of cherries. Fold the whipped cream and the fruit with syrup into about a cup and a half of the frozen mixture. Line a three-pint melon mold with the ice cream, pour a little rum or brandy over the lady fingers and lay them over the ice cream to interline the mold completely. Put the fruit mixture into the center of the mold, cover with the prepared lady fingers, over them spread the ice cream, cover with paper, then with the tin cover; let stand about three hours in equal measures of salt and crushed ice. The center of the bombe should be tinted delicately with the red of the cherries and syrup. The fruit (candied cherries) and lady fingers may be soaked in rich sugar syrup instead of the wine, etc., though the flavor will be different.

Apricot Bombe Glacé

Press the apricots in a can through a fine sieve; add the syrup from the can, one quart of water and two cups of sugar and stir until dissolved. Then freeze as usual. Beat one cup of cream until firm, also the white of one egg till dry; beat one-fourth a cup of sugar into the white of egg, also a teaspoonful of vanilla or orange extract, then fold in the cream. Line a two-quart melon mold with the frozen apricot mixture, turn the cream mixture into the center and cover the cream with some of the apricot mixture, filling the mold to overflow. Spread paper over the ice and press the cover in place over the paper. The paper should extend in all places beyond the mold. Pack in equal measures of salt and crushed ice. Let stand about three hours. Chill the mold thoroughly before attempting to line it with the frozen apricots.

Candied Grape Fruit Peel

Wash the outside of the grape fruit, cut the fruit in halves and remove the pulp in the usual manner to serve in glass cups. Cut the skin in halves, again, and pull off all the membrane without disturbing the white part of the rind. Cut the rind in strips with scissors. The strips should be less than half an inch wide. Weigh the prepared peel. Take enough cold water to cover the peel. To two quarts add one-fourth a cup (scant measure) of salt; pour this over the peel and let stand twenty-four hours. Drain, rinse in cold water and set to cook in a fresh supply of water, drain and renew the water. Let cook from four to six hours or until the peel is very tender. Take the weight of the peel in sugar and half the weight in water. The water in which the peel was cooked may be used if not too salt. Boil to a syrup; add the peel and let simmer until the syrup is almost absorbed. Set aside to cool in the syrup; reheat a little, remove with a silver fork to a plate of granulated sugar, roll in the sugar and drop on a piece of table oil cloth. Orange peel may be prepared in the same manner.

Queen Apple Pie

Grate one large apple and squeeze over it the juice of half a lemon, after adding a grating of the rind. Beat two level tablespoonfuls of butter to a cream, then beat into it half a cup of sugar, then the yolks of two eggs and half a cup of sweet cream. Turn into a small pie plate, lined with pastry, and when baked cover with a meringue made of the whites of two eggs and two rounding tablespoonfuls of granulated sugar. Beat the whites dry, then gradually beat in the sugar. Let the pie cool a little before covering with the meringue. Have the oven of moderate heat and let cook eight minutes without coloring, then increase the heat to tint delicately.

Menus for a Week in March

"A good cook can vary the flavors of food as a composer varies his orchestral colors and harmonies, getting genuine artistic as well as gastronomic pleasure therefrom."—Henry T. Finch.

SUNDAY	Breakfast Spanish Omelet Baked Potatoes Yeast Crullers, Maple Syrup Coffee Dinner Tomato-and-Chicken Bouillon Fried Fowl, Cream Gravy Boiled Rice Endive, Lettuce-and-Beet Salad Maple Parfait Butter Macaroons Coffee Supper Fried Scallops or Salmon Croquettes Cabbage Salad Yeast Rolls (reheated) Apples Baked with Almonds Cream Cheese Wafers	Breakfast Boiled Rice, Thin Cream Broiled Finnan Haddie Mashed Potato Cakes Parker House Rolls Coffee, Cocoa Dinner Swiss Steak Baked Potatoes, Squash Endive Salad Chocolate Caramels Half Cups of Coffee Supper Creamed Corned Beef au gratin (flavored with onion and celery) Baking Powder Biscuit Blushing Apples, with Orange Sauce Tea	WEDNESDAY
	Breakfast French Omelet with Creamed Chicken Fried Rice, Maple Syrup Baking Powder Biscuit Coffee Dinner Chicken-and-Tomato Bouillon Veal Cutlets, Breaded Creamed Salsify with Croutons Lettuce, French Dressing Creamy Rice Pudding Half Cups of Coffee Supper Cheese Pudding Stewed Prunes Butter Macaroons Tea	Breakfast Corn Meal Mush, Milk Eggs Poached in China Dishes (with cream or tomato sauce) Buttered Toast (graham bread) Coffee, Cocoa Dinner Lamb Stew Lettuce, French Dressing Apricot Shortcake Half Cups of Coffee Supper Potato Salad, with Mangoes Broiled Bacon Hot Rye Meal Muffins Tea	
	Breakfast Cold Corned Beef, Sliced Thin Potatoes Hashed in Milk Radishes German Coffee Cake Cocoa, Coffee Dinner Fresh Fish Baked in Paper Bag Mashed Potatoes Philadelphia Relish Rhubarb Pie (fresh or canned) Half Cups of Coffee Supper Macaroni, with Tomatoes and Cheese Corn Meal Muffins Canned Fruit Chocolate Nut Cake Tea	Breakfast Barley Crystals, Thin Cream Eggs Cooked in Shell Kornlet Griddle Cakes Coffee, Cocoa Dinner Cream of Salsify Soup Planked Fish Cucumber Salad or Olives Orange Sherbet or Sliced Oranges Half Cups of Coffee Supper Sardine Rabbit Gherkins Hot Apple Sauce Banana Coffee	
SATURDAY	Breakfast Dried Beef in Cream French Fried Potatoes Fried Corn Meal Mush Maple Syrup Dry Toast Coffee, Cocoa	Dinner Loin of Lamb, Stuffed, Roasted Baked Bananas, Sultana Sauce Franconia Potatoes, Spinach Delmonico Pudding, with Canned Peaches and Meringue Half Cups of Coffee	Supper Succotash (Dried Lima Beans and Kornlet) Pop Overs Dried Peaches, Stewed, Cream Tea

Simple Menus For Clubs, Societies, Etc.

(By request, one article of food and one beverage)

I

Chicken Patties, Queen Style
(Olives)
Coffee

II

Croquettes, with Peas
Plain Sandwiches
Coffee

III

Gnocchi à la Romain
(Individual Dishes)
Rolls or Plain Sandwiches
Coffee

IV

Tomato Rabbit on Toast
(Served from Chafing Dishes)
Coffee

V

Oyster Rabbit on Toast
Coffee

VI

Egg-Salad Sandwiches
(Bread, Lettuce, Eggs, Mayonnaise)
Coffee

VII

Scalloped Oysters
Rolls or Sandwiches
Coffee

VIII

Creamed Oysters in Timbale Cases
Coffee

IX

Chicken or Lobster Salad
Plain Sandwiches
Coffee

X

Plain Sandwiches
Celery, Hot Cheese Balls
Coffee

XI

Lettuce, Prune-and-Pecan Nut Salad,
Whipped Cream Dressing
Plain Sandwiches
Tea

XII

Macedoine of Vegetables in Tomato Jelly,
Lettuce, French Dressing
Plain Sandwiches
Coffee

XIII

Fruit-and-Nut Rolls (Reheated)
Cocoa, with Whipped Cream

XIV

Yeast Doughnuts
Cocoa, Whipped Cream

XV

Coffee Rolls (Reheated)
Coffee or Cocoa, Whipped Cream

XVI

Fudge Cake
Coffee, Tea or Cocoa

XVII

Chocolate Eclairs
Tea or Coffee

XVIII

Chocolate Nut Cake
Tea or Coffee

XIX

Noisette Sandwiches
(Nut Bread, Orange Marmalade Filling)
Coffee, Tea or Cocoa

XX

Assorted Cakes (Home-made)
Tea or Cocoa, Whipped Cream

XXI

Assorted Cakes (Home-made)
Fruit Juice, Frappé

XXII

Assorted Cakes (Home-made)
Fruit Punch

XXIII

Hot Bouillon
Fancy Sandwiches (Savory)

XXIV

Hot Chicken Bouillon
Olive, Nut-and-Pimento Sandwiches

XXV

Tomato Bisque, Whipped Cream
Bread Sticks or Rolls

XXVI

Club Sandwiches
Coffee

XXVII

Chocolate Sponge Cake, Mocha Style
Tea, Coffee or Cocoa

XXVIII

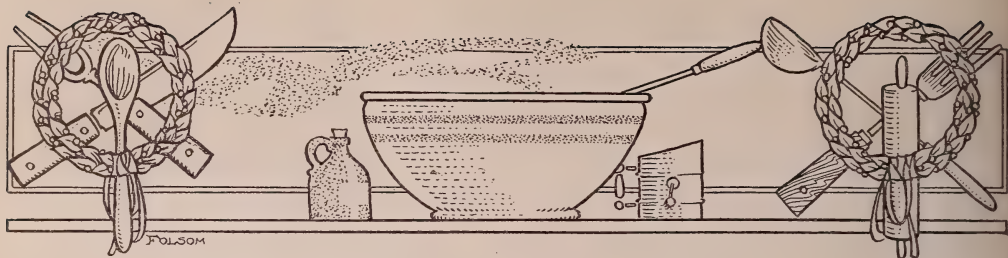
Pastry Cannelons
Coffee

XXIX

Rice Croquettes, Cheese Sauce
Coffee

XXX

Creamed Corned Beef
Plain Sandwiches
Coffee



Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XVIII

The Uses of Stale Bread

IT is said that, from start to finish, in the raising and harvesting of wheat, everything is used. Nothing is wasted, from the stalks to the finished product, until the flour reaches the house, where, through carelessness and incompetence, there is continual extravagance and inexcusable waste. Much of this is because of lack of interest and belief in the old saying that "mony a mickle makes a muckle," and also in want of knowledge as to how "left-overs" may be attractively served. Bread, with care, need never be thrown away. We have already seen how it must be cared for to preserve its freshness and sweetness. It cannot, however, be kept from becoming, in time, somewhat dry and hard, but it need not, therefore, remain unused. Above all things, do not allow the old bread to mould in the bread-box! What two evils are there in this?

It is often better to cut at least a part of the bread at the dining table on a suitable board, since this causes the supply and demand most nearly to meet and there are fewer cut slices to dry. Ask the class for reasons for the rapid drying of thin slices of bread as compared with the whole loaf.

Mattieu Williams tells us that the difference between fresh and stale bread is not merely one of drying. He found that, if a stale loaf were placed

for an hour in a moderate oven, it became again like "a new loaf." This he attributes to the expansion of the moisture of the bread into steam and the consequent lightening and moistening by the very process of further drying. It is possible in this way to heat and freshen biscuit, rolls and bread. Sometimes it is well to moisten them slightly so that the crust may not be too hard. The oven must be very moderate.

All untouched pieces of bread should be saved carefully, along with ends of loaves and left-over rolls, to be used as dried bread crumbs or as stale bread in the preparation of stuffing, scalloped dishes, bread puddings and buttered crumbs, or crumbs to garnish fried articles. They must be kept in a dry, cool place and watched to see that no piece becomes mouldy.

One of the chief uses to be made of stale bread is in the preparation of toasts of various kinds, as we find the stale bread cuts better and makes a drier, less soggy piece of toast than a fresh slice. Bread for toasting should be dried in the oven before browning over the glowing coals. A piece of toast with a soft and pasty layer between the brown surfaces is neither appetizing nor wholesome. With this brief mention of one of the great ways in which stale bread may be utilized, we will leave the further consideration of toast until a later



School Luncheons

By E. B. Spencer

Director of High School Lunch Department, Springfield Mass.

THE Luncheon problem for high schools, to say the least, has become interesting. In the Central High School, Springfield, Mass., when in process of construction, space was given in the basement for luncheon counters and tables, and a gas stove. The plan in use is that of a Cafeteria. Soup is served daily, also some hot dish, a scallop, stew, hash, etc., entire wheat bread and butter and buttered rolls, salad, usually a fruit-salad, gingerbread, cookies, cup cakes or cake squares, baked apples and ice cream. The lunch rooms have been outgrown and the problem now is how to seat more pupils. The students do the serving and we are proud of our force. The boys and girls are divided; the boys coming in on one side, the girls on the other. Each one picks up his or her tray, then the food and passes a cashier before he or she can get out, a rail keeping them in line.

Experience teaches that it is never well to give catering for schools to a professional caterer. Results are never good; one cannot control the quality of food used, nor give a good balanced meal. For this department a trained worker is called for just as the case is in the English or other departments of the school. Unless a child is properly fed or nourished, he cannot do proper brain work. Let

School Boards make an appropriation for this department—for equipment, etc., and the department will pay for itself.

The pupils should be provided always with tables and stools in the lunch room.

Employ a woman of thorough training, who under the direction of the principal of the school has complete charge of the lunch room. She makes the purchase of all supplies, collects the money paid by the pupils for the lunches, and makes a monthly report to the Committee or Supply Commissioner (as the school is controlled). She employs and has supervision of all help, and, in general, takes the complete responsibility for the successful conduct of the lunch room, with the exception of the care of the pupils. This, of course, has to be under the supervision of the teachers; but after the work is planned, the discipline in the lunch room is a matter of no concern, the young people acting upon these occasions just as self-respecting adults would in a dining-room.

Hot Special Dishes, Served Occasionally

Beans and Brown bread	5c
Corned-beef hash	5c
Escaloped Fish	5c
Macaroni and Cheese	5c
Creamed beef	5c
Creamed potatoes	5c

Escaloped corn
Asparagus on toast
Baked potatoes
2 Slices Bacon
Escaloped oysters
Succotash

Desserts

Chocolate Pudding
Cabinet "
Rice Custard
Baked "
Cocoanut Custard
Short Cake
Rice Pudding with raisins
Brown Betty
Baked Apple and Cream
Ice Cream
Apple Sauce

MENU

Served May, 1910

Tomato Bisque with 2 crackers	5c
Creamed Potatoes	5c
Creamed Beef	5c
Chicken, Ham, Cheese and Olive Sandwiches	5c
Asparagus on toast	10c
Chocolate Pudding	5c
Cup Cakes (nut)	2c
Cake Squares (chocolate frosted)	2c
Ginger bread	1c
Strawberries	5c
Bananas	2c
Cocoa (cup)	3c

5c	Milk (cup)	2c
10c	Fruit Salad	5c
5c	Sweet Chocolate (6 tablets)	5c
5c	Cookies	1c
5c	Ice Cream	5c
3c	Buttered roll	2c
	Entire Wheat Sandwich	2c
	Currant bun	1c
	Bowl milk and 6 crackers	5c

Menu Served November, 1911

MONDAY

Tomato Bisque
Macaroni and Cheese
Fruit Salad
Sandwiches:
Chicken, Egg, Cheese, Olive
Gingerbread, Cookies, Cake
Ice Cream
Baked Apples and Cream
Cocoa, Milk

FRIDAY

Clam or Fish Chowder
Scalloped Fish
Creamed Potatoes
Cocoanut Custard
Baked Apples and Cream
Fruit Salad
Sandwiches:
Ham, Cheese, Egg, Peanut, Date
Ice Cream
Cakes, Cookies, Gingerbread
Cocoa, Milk

Spring

By L. M. Thornton

Oh, Autumn is season of fruitage,	Tho apples and nuts we may treasure,
And Winter is season of cheer,	And grain fields that ripen to gold,
But Spring is the glory, with apple bloom	But Springtime is teeming with hope, and
hoary,	our dreaming
The beauty, the queen of the year.	Is freighted with pleasures untold.
To Summer our praises are given,	The snow is a mantle of crystal
And gratitude freely upstarts,	Where diamonds in icicles shine
While happy in living, Fall brings us Thanks-	And memory treasures the long Winter pleas-
giving,	ures,
But Spring is the love of our hearts.	But Spring is the season divine.

So walk where the blossoms are sweetest
And forests grow pungently green,
Where song-birds are singing and grasses are
springing
The wood and the wheat-field between.
For Autumn is time of fulfilling
And Summer is season of mirth,
But dainty and charming, all critics disarm-
ing,
The Spring is the bride of the earth.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Ideas from Many Sources

TO decorate fancy cakes cut glazed or maraschino cherries across, making little rings, not halved or quartered as for fancy desserts. Use scissors for this purpose.

Scissors are also nice for slicing peel for orange marmalade after it has been scalded to remove the first bitterness.

To supplement chicken or turkey for croquettes or a salad, use veal in this fashion: Get the best young milk-fed veal; that will be white when cooked. Bake at the same time poultry is being roasted and baste it with the drippings, thus giving it the poultry flavor. Many dishes can be made from this, reserving the breast meat of the turkey or chickens for serving sliced. Thus salads, croquettes, vol-au-vents, patties, plain meat pies, turkey or chicken hash, etc., may be helped out advantageously, except when a pure chicken salad has been expressly ordered.

A common method used where many orders of eggs are served is to save part of the white of eggs from breakfast orders, wherewith to make cakes or meringues. For instance, many persons eat only the yolks of their two eggs and reject the larger part of the whites, thus landladies often learn to serve but one white with two yolks for poached or fried eggs. In this way they save enough whites for angel

cake, or icing a dark chocolate cake later in the day.

Remoulade for Salad

Two yolks of hard-boiled eggs, four yolks of raw eggs, one teaspoonful and one-half of made mustard, one level teaspoonful of salt, one-fourth a teaspoonful of pepper, ten tablespoonfuls of oil and two of lemon juice. The eggs must be cooked until the yolks will be powdery. Pass through a sieve and add the raw yolks. Then add everything but the oil and lemon. Add oil by the tablespoonful, beating all the time. Add the lemon last and beat five minutes longer.

To expedite matters, add the lemon juice before the oil.

A Cape Cod method of cooking cranberries, whole, is to cook in a long handled saucepan that can be shaken over the fire; no spoon is used for stirring the preserve. Allow to a quart of cranberries a pint of sugar and a pint of water. Some berries will break but many of them will be preserved with a tender transparent appearance to the skin.

A cook hired for an especial occasion used a very mature old gobbler but made the meat very tender by rubbing in olive oil very thoroughly inside and out; doubtless she "marinated" the bird, as the French cooks would say, that is, she used some lemon juice

or vinegar, with soup herbs and seasonings appropriate for turkey. J. D. C.

* * *

Suggestions Regarding Children

IT seems an accepted fact that children should be fond of sweets, and in moderation they are not injurious, especially when eaten directly after meals; dyspeptics can also enjoy them if taken at the proper time; the quality, however, should be considered, and be of the very *best*.

One wise woman has purchased a large carton of pure candy, a favorite variety, and instead of allowing candy to come from the little store on the corner, the children bring their pennies to her; she sells to them, then drops the money in a bank to be opened when the stock is consumed. Sweet milk chocolate, chocolate-covered dates, or chocolate-covered molasses chips are admirable for this purpose.

There are three little ones in our family, to whom a check for fifty cents each goes as the birthdays arrive, and sometimes at Christmas, they derive considerable pleasure from endorsing, having cashed, then spending the amount, which is large to them. When a child receives a gift, do not permit an older person to acknowledge it; teach children to write their own notes of thanks, even though the words must be printed letter by letter.

For winter evenings after study hour, and on rainy days, give the younger members of the family old magazines, round-end scissors, a scrap book, and a jar of photographer's paste; let them cut out all jokes, as well as conundrums and funny bits in general, then arrange and paste them neatly in the book; it is surprising how much amusement this affords, and often when the "funnies" are read considerable merriment results.

A "good laugh is worth a thousand boo-hoos."

Vegetarian Stew

This is a most acceptable dish for

luncheon, and the ingredients required are: Two onions, three tomatoes, or one pint of canned tomatoes, one small egg plant, half a small green pepper, two tablespoonfuls of butter or bacon fat and two springs of fresh parsley.

To make, pare the vegetables, cut the egg plant into half-inch pieces, sprinkle with salt, cover with boiling water and let stand fifteen minutes, then drain in the colander; put fat in pan, let heat, slice onion into it and fry to a golden brown; lift this into the stew pan; cook egg plant and pepper and scrape all into pan with onion; skin and slice the tomatoes over it, add one pint of boiling water, salt, and a little more pepper to taste; let simmer gently for one hour; thicken the gravy with browned flour and water rubbed to a thin cream, and add the chopped parsley; serve hot in a covered dish, or on thin slices of toast.

A carrot may be added to the vegetables.

The gravy can be thickened with rice instead of flour, making it more substantial; in that case, put the rice in half an hour before serving time. L. N.

* * *

A Food Diagram

ALMOST all housekeepers tell the same story of forgetting what food products are available at a given time. I remember being much amused one day when a friend dropped in to lunch and we happened to have boiled rice served with milk and sugar. She ate this commonplace dish with great relish, as if it were a new discovery, declaring that she had entirely forgotten about rice! To stimulate our memories, as well as to imbibe new ideas, we are all wont to pore over cook books on occasion, or better still to read the suggestive pages of the *Cooking-School Magazine*. But we do not have time every day for such researches, and I have devised a simple diagram which I find of much practical help to my poor memory. On a card about eight or ten inches square, I have type-

written lists of practically all the dishes I ordinarily use, so arranged that I can see at a glance the range of choices at my command. As long as I have this before me I am not likely to forget that there is such an article as rice.

My diagram hangs conspicuously in the pantry beside the table of "Time for cooking meats and vegetables," both close by the cabinet containing my card catalogue of recipes. It is divided into four columns: *Meat and Fish*; *Vegetables*; *Sweets*; and *Luncheon and Breakfast Dishes*. It is not at all a scheme of menus, but a collection of lists to suggest meal possibilities. Of course it is not complete. It does not include the special fancy dishes reserved for great occasions, which I can find in my card catalogue as needed. Nor does it show any of the things which we do not like, or have no use for, or cannot afford. It is merely a plain, working, every-day scheme. No doubt my lists would seem very homely and meagre to a culinary expert, but any housekeeper may shape such a diagram to her own abilities and tastes. The beauty of it is its fitness for our own needs. To my mind a home-made affair is the only practicable kind. No ready-made printed lists, compiled by an outsider and sold in the shops would be of any value to me. In fact a list in any sense exhaustive would far exceeds the limits of my small card. It is understood, of course, that one can readily turn elsewhere for lists of small accessories, like pickles, relishes, jellies, conserves, fancy crackers, etc.

The column of *Meats and Fish* begins with Beef, in the several forms in which we serve it: roast, corned, steak, stew, beef loaf, and meat pie. Then lamb and veal in several styles, and so on with pork, which includes sausages, and then the fish products.

Under *Vegetables*, I enumerate, first, the fresh vegetables we are using, then the canned products that we like. Starting off with potatoes, I enumerate a few styles of serving: boiled, baked, mashed, fried, scalloped, creamed, and so on with

other things, including macaroni and spaghetti.

The column of *Sweets* contains in order, the pies, puddings and cakes we ordinarily have, including, of course, gingerbread and cookies. These are followed by what I call "Fruit sauces," rather a vague term, perhaps, to the uninitiated, but it covers baked apples, apple sauce, oranges and bananas, apricots, prunes, canned peaches, pineapples, and cherries.

Lunch and breakfast dishes are classed together because so many are suitable for either meal, as, for instance, eggs, with which the list starts in, gives several styles of cooking: boiled, baked, scrambled, shirred, fried, omelet and *French toast*. Muffins and griddle cakes now follow, also, common to the two meals. Then I mention breakfast foods; not all there are in the market, but the few we depend upon, *including rice*. And beside this list are the words, *hot or fried*, because I do not want to forget that slices of left over breakfast food, may be fried for a delicious lunch dish.

The place for soups and salads may be decided by the length of the columns. From time to time I have to revise and reprint the entire scheme, to fit the changes of season and market. For instance we do not have fresh mackerel, asparagus, or strawberry shortcake in mid-winter, or oyster stew, apple and celery salad, and suet pudding in summer. The diagram idea is not at all new or original. I can only claim for my own plan that it is much simpler than any I have seen, avoiding superfluities, and containing a mass of data in a nutshell.

E. M. H.

* * *

Something about Gloves

THE following is the personal experience of one who has made a study of glove-lore and the reasons why some gloves wear longer than others. It includes gloves bought at sales and in the regular way, gloves which bear

gloves, particularly black, it is always a wise precaution to turn them inside out or nearly so, to see if there are any stains on the inside. These stains are sometimes found in the so-called first grade, and the clerk will resent your scrutiny because she knows what it means. It indicates a thin place in the skin where the dye has run through and where it will easily tear or be first to wear out. These stains are generally to be found in the little gussets between the fingers or along the inside gores, where there is the least strain. A first-class glove for which is paid a first-class price should have none of these damaging stains.

Another thing, which it is well to remember, is, that all gloves of a certain marked size are not always alike, but vary slightly with different makes. A number six in one make may be as large as a six and a quarter in another. English gloves are much broader across the palm than French, and shorter in the fingers.

After buying, a great deal depends on the way they are put on for the first time. Choose some time when you have plenty of leisure, in order that you can fit them on properly and slowly. Do not, as so many do, even the girl at the glove counter, push the kid in wrinkles down the finger till the ends are reached, else they will always be wrinkled, but put the whole hand, as far as possible, in at once and work slowly and gently from the palm, letting the fingers come down gradually, being particular that all the seams are straight and in the proper place. If a seam twists the first time it will always do so. This method of putting on a glove takes more time and patience, but the reward is a smooth-fitting glove and no wrinkled fingers.

It is, also best, to wear the gloves as soon as possible. Gloves that have lain in the store too long are apt to crack, because the kid dries out and loses its elasticity—one of the chief reasons for glove sales,—but if worn, the heat and

moisture of the hand restores their pliability and reduces the chances of a split.

The idea that one is "hard on gloves," often comes from the practice of wearing one pair constantly. True glove economy is to have several pairs, and by several I mean at least six, a dozen is better and twenty not too many, and *wear them all*. Keep a few for "best," but wear even these occasionally. Do not lay them by, waiting for a fitting occasion, for when the time comes you'll have the discomfort and annoyance of a split and useless glove. Economy, even for the woman of moderate means, is not in buying one pair at a time, but several. Nothing so destroys gloves as an effort to keep them.

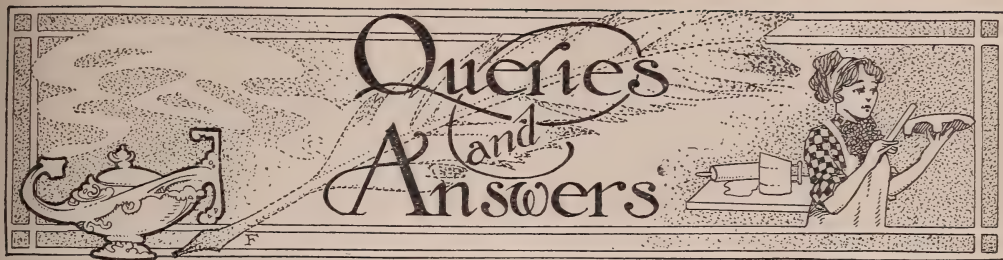
A very good way to mend gloves, not the rips, these should be sewed with thread, never with silk, but the holes made by the finger nails, is with a bit of court plaster or mending tissue, which can be purchased at any department store. If the mending tissue is used, cut the right size from the upper part of the glove or another, which matches it in color, and a piece of tissue of the same size. Turn the glove inside out and slip on the finger to be mended. Next, place the tissue over the hole and over that the piece of kid, and rub the finger over a heated lamp chimney or other warm surface. The heat melts the tissue and holds the patch firmly in place. This is neater and quicker than the old way of darning.

Care in selection, patience and time in first putting on, owning and wearing several pairs, and neatly mending, will all add very much to the life of any glove.

A. S. L.

The fellow who goes around looking for trouble generally meets somebody who takes him at his word.

Judging from her passion for hats, how can a woman expect to be happy in heaven and make one halo last her through eternity?



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, Editor. BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1812.—“Recipe for Swiss Steak.”

Swiss Steak

3 pounds of round steak (1½ inches thick)	2 tablespoonfuls of butter
½ a cup of flour	Bit of bayleaf if de- sired
	Boiling water
	Salt and pepper

Pound the steak until the fibre is thoroughly broken up; add the flour while pounding. When the steak is tender, the flour should be thoroughly incorporated with the meat. Melt the butter in a frying pan; put in the meat and let brown on one side, then turn and brown the other side. Add boiling water and let simmer from two to three hours. The bay leaf, if used, should be added with the water.

QUERY 1813.—“Salad Dressing to serve with fruit-and-nut salad.”

Dressing for Fruit-and-Nut Salad

We are inclined to think that the dressings often used on fruit salads are a breach of good taste in culinary matters. The French do not use eggs in ices in which fruit is used and the same idea would seem to hold good in the preparation of fruit salads. Without doubt the simple French dressing—olive oil, lemon juice, salt and pepper—is the most suitable dressing for a fruit salad. A generous tablespoonful of oil, half a table-

spoonful of lemon juice and one-fourth teaspoonful of salt is a fair quantity of dressing for one cup of fruit.

QUERY 1814.—“Recipe for French Crullers. The crullers I refer to are as light as a feather, principally crust, melting in the mouth.”

French Crullers

Put one cup of boiling water, two level tablespoonfuls of sugar, a grating of orange rind and one-fourth a cup of butter over the fire; when boiling sift in one cup of sifted pastry flour and stir and cook to a smooth ball of paste; turn into an earthen bowl, and beat in, one after another, three eggs. Beat the mixture smooth between each addition of an egg. Drop from a tablespoon, in as smooth shape as possible, into hot fat; turn often and cook until well puffed up and browned. Drain on soft paper.

QUERY 1815.—“Recipe for Oatmeal Cookies.”

Oatmeal Cookies

Beat one egg until light. Add one-fourth a cup, each, of sugar, thin cream, and milk. Add half a cup of fine oatmeal, two cups of flour, two teaspoonfuls of baking-powder and one teaspoonful of salt, sifted together. Mix thoroughly, then turn onto a floured board, roll out into a sheet, cut in shapes and bake in a moderate oven.

Oatmeal Macaroons

Beat two eggs, without separating the whites and yolks; gradually beat in one cup of sugar, then a tablespoonful of softened (not melted) butter, one-half a teaspoonful of salt, half a teaspoonful of vanilla and two cups and a half of rolled oats. Mix all together thoroughly. Drop from a teaspoon upon a buttered baking sheet. Bake in a moderate oven.

QUERY 1816.—"A responsible recipe for Canning Mushrooms."

Canning Mushrooms (Oregon Agricultural College Experiment Station)

Mushrooms may be canned as easily as fruit and much easier than some vegetables. The buttons, ranging in size from the smallest to those with the cup breaking from the stem, are most desirable for canning, as they remain firm and white after being heated. When sufficient buttons are gathered they are cleaned by peeling, or by wiping with a cloth, removing any soiled spots or earth which may have adhered to them; the stems are cut off, leaving from one-half to one inch remaining attached to the cap: they may then be placed in a granite iron kettle and heated without water until shrinking ceases, after which they are placed in cans that have previously been cleaned and scalded, and the liquor poured over them completely filling the can.

If glass cans are used, after filling they are placed in any kind of vessel provided with a cover and containing a small amount of hot water. A sheet of asbestos, or a thin layer of excelsior, is placed in the boiler to prevent the glass coming in contact with the bottom. Place the caps loosely on the cans and with steamer cover in place let the water simmer for half an hour. Upon removing the cover from the steamer, immediately screw the can covers down as tight as possible, then place the cans away to cool, upside down, in order to detect any leak. If all

are perfectly sealed, let them stand until the next day at the same time, when they are again heated in the same manner, except that the time must be prolonged to one hour, because the contents of the cans are cold. Repeat this operation again the third day, which will complete the sterilization, and the mushrooms will be found to be as nearly like the fresh article as it is possible to have them. They keep well and do not deteriorate in consistency nor flavor. The cans must be kept sealed throughout the operation.

If desired the mushrooms may be stewed in milk, or prepared in any manner for the table and then canned in the manner described. When the can is opened they require heating only before serving.

When the older mushrooms are used for canning they reduce very much in bulk, becoming mushy and turn black after being heated. They do not present such a tempting appearance, but the flavor is not impaired.

A good use to make of the older mushrooms is to dry them. This may be done after they have been peeled or cleaned by placing them upon boards, or drying racks, only one deep, and exposing them to the sun and air. Beginning with the cap side down they should be turned over every day and must not be left out during the night, as they absorb moisture very rapidly. They may also be dried upon wooden trays in a warm room. When dried by either method until they feel dry to the touch, finish them in the oven and while brittle grind them into a fine powder with a spice mill, or even a coffee mill will answer the purpose. The powder should at once be placed into well stoppered, dry bottles or fruit jars, well sealed and kept in a warm, dry place. Mushrooms that are wet cannot be successfully dried. The best are those which grow and are gathered dry.

Mushroom powder keeps very well and it is one of the most delicious flavoring condiments of the kitchen. If milk is used in making meat gravy or other

dishes, the flavor is much more pronounced.

The mushrooms may, also, be dried in the manner described, and used whole, by first soaking them before preparing the various dishes; they are practically the same as fresh ones, with the exception of being somewhat tough: the flavor is fully as strong as in fresh ones.

QUERY 1817.—“Recipe for an Almond Coffee Cake, with a sugar-and-water frosting, into which the almonds are mixed.”

Almond Coffee Cake

Not having seen or tasted this we are unable to duplicate the coffee cake served at the place referred to. The recipe given in this number of the magazine for yeast doughnuts makes a good coffee cake. When light roll into a sheet to fit a shallow pan. When again light (nearly doubled in bulk) set into the oven to bake. When nearly done, brush over the top generously with cornstarch paste, sprinkle with blanched-and-sliced, or chopped, almonds and dredge generously with granulated sugar. Return to a hot oven to form the glaze and brown the almonds slightly. Brush a small place with the paste, then add the almonds and sugar and so continue until the whole is covered. For a less rich coffee cake use half as much sugar and butter and one egg. Less flour will, also, be required for the dough, but the same quantity for the sponge. For the paste, stir two level teaspoonfuls of cornstarch with cold water, add one cup of boiling water and stir till smooth and boiling.

QUERY. 1818.—“Recipe for Inexpensive Sponge Drops.”

Inexpensive Sponge Drops

Beat one whole egg and a yolk until very light; gradually beat in three-fourths a cup of sugar, a grating of lemon rind and one-fourth a cup of cold water, then beat in three-fourths a cup of flour sifted again with one-fourth a teaspoonful of soda and a scant level tea-

spoonful of cream of tartar. Drop on a buttered paper and bake in a quick oven.

QUERY 1819.—“Recipe for Lobster Salad dressed without oil.”

Lobster Salad

Lobster meat or salad or other preparation should be handled as little as possible. Remove the meat from the shells with care, leaving the pieces as they are or cut into smaller pieces. Dispose on a bed of carefully-dried lettuce leaves and serve the dressing in a bowl. As lobster is rather rich, a simple dressing is best. If the oil of a French dressing be not approved, salt, pepper and lemon juice might be used without the oil. For a so-called boiled dressing try the following. If served on the lobster, simply pour it over the lobster without mixing through it.

Cooked Salad Dressing

2 yolks of eggs	2 tablespoonfuls of
$\frac{1}{2}$ a teaspoonful of	vinegar
salt	1 white of egg, beat-
$\frac{1}{2}$ a teaspoonful of	en dry
mustard	2 tablespoonfuls of
$\frac{1}{4}$ a teaspoonful of	butter
paprika	$\frac{1}{2}$ a cup of cream

Beat the yolks very light, add the seasonings and acid and stir while cooking over hot water till thick; fold in the white and let cook until “set;” remove from the fire and beat in the butter; when ready to serve fold in the cream, beaten stiff.

QUERY 1820.—“Recipe for a yellow soft Icing for Cake, made with yolks of eggs and hot syrup.”

Golden Icing

An icing of the consistency of that made of syrup and egg-whites can not be made with syrup and yolks of eggs. Use two yolks in place of one white. Boil the syrup to 236° F., then gradually beat into the yolks; add grated rind of orange to flavor and beat in confectioner’s sugar to make the frosting of a consistency to remain in place on the cake. Or, omit the confectioner’s sugar

and cook the icing over hot water until of proper consistency.

QUERY 1821.—"Recipe for Pickling Olives."

Pickling Olives

We do not vouch for this recipe, as we are not able to verify it. It comes from Pomona, Cal. For three gallons of olives dissolve half a pound of concentrated lye in three gallons of water and add two pounds of salt. Let the olives remain in this two days. Draw off this liquid and replace in the same quantity of a fresh supply. Draw off this liquid and cover the olives with pure water, keeping them thus covered from five to eight days, renewing the water daily. When olives have lost their bitterness, drain and cover with a brine made of one pound and a half of salt to three gallons of water. After two days draw off the brine and, finally, leave the olives in a fresh brine of a pound and a half of salt to nine quarts of water. The olives may be put into fruit jars; fill these with brine to overflow, then put on rubbers and covers as in fruit canning.

QUERY 1822.—"Recipes for White Fruit Cake and Lemon Mixture for Tarts."

White Fruit Cake

$\frac{1}{2}$ a cup of butter	$\frac{1}{2}$ a teaspoonful of almond extract
1 cup of sugar	$\frac{1}{2}$ a tablespoonful of blanched almonds
5 whites of eggs	$\frac{1}{2}$ a tablespoonful of citron
$1\frac{1}{4}$ cups of flour	
$\frac{3}{4}$ a lb. of cocoanut	
1 teaspoonful of baking powder	

Mix in the usual manner. Bake in a loaf, cover with a boiled icing.

Lemon Filling for Tarts

Beat one whole egg or two yolks; add one-half a cup of sugar and beat again; scald the grated rind and juice of a lemon with half a cup of sugar; in this cook the egg and sugar, stirring constantly, until the mixture thickens; beat in two tablespoonfuls of butter, a small piece at a time, and when cold use as desired.

QUERY 1823.—"Recipe for Julienne Potatoes."

Julienne Potatoes

Pare potatoes, cut them in thin match-like strips, cover with cold water, let stand an hour or more, then dry on a cloth. Fry, few at a time, in deep hot fat. The fat should be fresh or comparatively so (having been heated but a few times). Let cook to a light brown color, when they should be tender. Drain on soft paper at the oven door. Sprinkle with salt and serve at once.

QUERY 1824.—"Recipe for Date-and-Apple Salad."

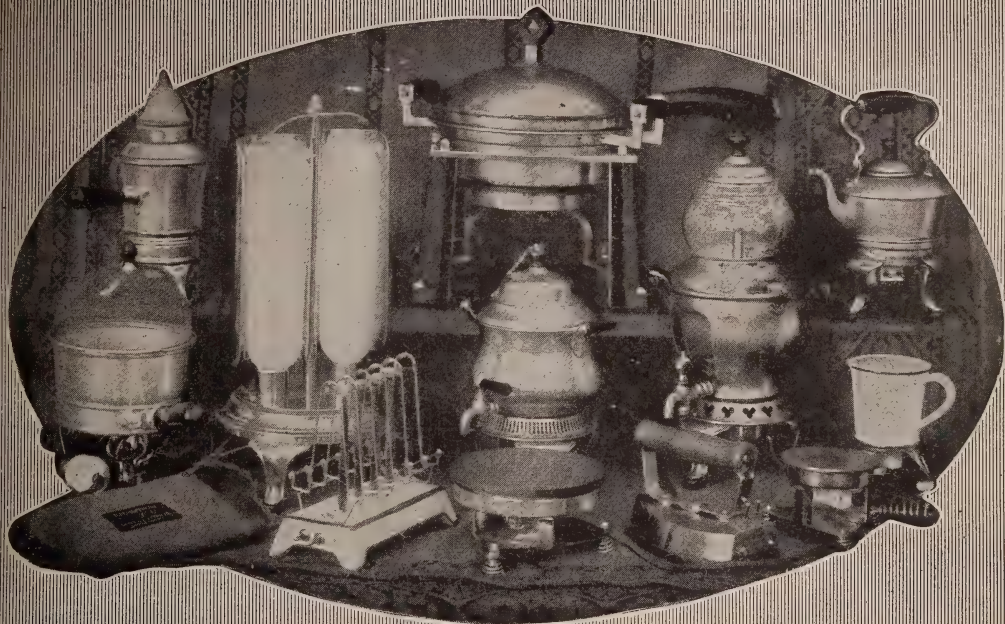
Date-and-Apple Salad

Pour boiling water over a pound of dates; separate the dates with a fork and lift them to an agate plate. Set the dates into the oven to dry the outside, turning meanwhile if necessary. When cold cut each date into four or five lengthwise strips. Pare, quarter and core apples to equal in bulk that of the dates. Cut the apples in small squares or match-like pieces and squeeze over them the juice of a lemon. Mix with the pieces of date, sprinkle with a teaspoonful of salt and half a teaspoonful of ginger or paprika (or omit both of these.) Mix again, then add four or five tablespoonfuls of olive oil and mix again. Serve on heart leaves of lettuce.

QUERY 1825.—"Kindly repeat recipes for Sour Cream Cake, Cookies, Biscuit, etc., given in a back number of the magazine."

Sour Cream Biscuit

We are always glad to have sour cream for biscuit, shortcakes, etc. To each cup of thick, sour cream, milk or buttermilk beat in half a level teaspoonful of soda, then use as sweet milk, scanting, however, the quantity of baking powder a little. With cream use but little shortening, one to three tablespoonfuls, according to the richness of the cream.



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JANUARY, 1912

No. 6

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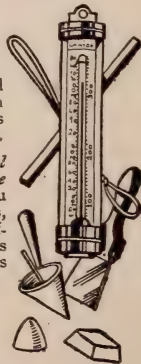
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Cocoa—Chocolate—Chocolate Bonbons

the rolling pin and cut into rounds; set close together in a buttered pan. Bake from fifteen to twenty minutes.

QUERY 1775.—"Recipe for Gluten Bread. We are not successful with gluten bread made with yeast."

Gluten Bread with Baking Powder (C. M. G.)

2 cups of gluten flour	$\frac{3}{4}$ a cup of cold water
3 level teaspoonfuls of baking powder	1 cup of cold milk
$\frac{1}{2}$ a teaspoonful of salt	1 beaten egg
$\frac{1}{2}$ a cup of bran	1 tablespoonful of melted butter

Sift together the flour, baking powder and salt; add the bran, then stir in the water, milk and egg, and, lastly, the butter. Turn into a brick-loaf pan and bake in a moderate oven.

QUERY 1776.—"What is meant by 'Pastry Flour'?—many grocers do not know what kind of flour is wished when a request for such flour is made."

Bread and Pastry Flour

Gluten and starch are the two chief compounds in flour, and the relative proportion of these two constituents determines the character of the flour. Gluten gives a strong, gray flour of slightly bitter taste, which will take up a large quantity of water. Starch gives a more delicate flour of sweet taste, which takes up, relatively, a small quantity of water. The tenacious, elastic gluten is needed in yeast mixtures, to hold the carbon dioxide that lifts up the dough and makes it light. But a flour richer in starch than in gluten is desirable for cake and pastry, where tenderness and delicacy are sought. The relative proportion of starch and gluten in wheat depends largely upon the soil and the climate in which the grain is grown. Hard spring wheat, planted in the spring and harvested in August or early September in Minnesota and the Dakotas, is particularly strong in gluten and contains a minimum quantity of starch. Flour made from such wheat is designated as bread flour. Winter wheat is a soft variety of grain raised in the

middle and Southern states. It is planted in the fall and harvested the following June or July. Flour from such wheat is called pastry flour. Bread flour is indicated for use in all recipes where yeast is employed; pastry flour in all other cases. Bread and pastry flour are easily distinguished. Bread flour is granular to the touch. It passes through the sieve easily. When mixed into a dough, it takes up a comparatively large quantity of moisture. Pastry flour is soft and oily to the touch. Pressed in the hand, it keeps its shape, showing the lines of the hand. It is not sifted as easily as bread flour. When mixed to a dough it takes up a comparatively small measure of water.

QUERY 1777.—"Recipe for 'Philadelphia Scrapple' made from pig's head and Indian meal."

Philadelphia Scrapple

Cook a pig's head in boiling water until the flesh slips easily from the bones. Take out the bones, and chop the meat fine. When the liquor in which the head was cooked has become cold, remove the fat, and reheat the liquor to the boiling-point. Add the chopped meat, a teaspoonful of salt for each quart of liquid, and pepper to taste, and heat again to the boiling-point. Then sift in through the fingers of one hand, while stirring with the other, as in making corn-meal mush, enough corn-meal to give the consistency of mush. Let boil vigorously several minutes, then set back on the range to cook more slowly half an hour. Stir occasionally. When cooked, turn into bread-pans and set aside in a cool place. This may be kept several weeks in midwinter. When ready to use, cut into slices half an inch thick, and sauté in butter, bacon fat, or drippings.

QUERY 1778.—"What are the points of superiority considered of first importance in judging bread made from white flour? Are lard, sugar and milk adulterants of bread?"



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Always have a bottle of this delicious
Sauce on the table ready for use—it’s
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Points of First Importance in Judging Good Bread

1. Agreeableness of smell and taste.
2. Lightness of texture.
3. Uniformity in size, and smallness of the bubbles of the crumb.
4. Rebounding of the surface under pressure.
5. Keeping qualities.

Regarding Lard, Sugar and Milk in Bread

We do not think the term "adulterants" the proper one to apply to such products as lard, sugar and milk that are often added to bread dough. To adulterate is "to corrupt or make impure by an admixture of a foreign or a baser substance." Many people claim that bread should contain nothing but water, salt, yeast and flour. If chalk be mixed with the flour, or if a poor grade of flour be used, and alum be introduced to make the flour appear of better quality, the chalk or the alum would rightly be considered adulterants; but lard, sugar and milk, which give higher nutritive value to the dough, could hardly be classed as adulterants.

QUERY 1779.—"Kindly publish more recipes for salads and sandwiches."

French Endive Salad

Wipe each stalk of endive very carefully, or, if necessary, wash and wipe perfectly dry. Gather about half a dozen stalks for each service into a ring, cut from a green pepper. Dispose these on one dish or on individual dishes. Pour over each a tablespoonful of oil, mixed with a scant teaspoonful of vinegar, in which a few grains, each, of salt and pepper have been dissolved. Set a figure cut from a pimento above each portion, and around the pimento sprinkle three or four pearl onions.

Lettuce Salad, Club Style

Prepare the mayonnaise in the usual

manner, then gradually beat in enough chili sauce to make the dressing of the consistency of thick cream. Have the lettuce leaves, carefully washed and dried, in a salad bowl; pour over the dressing, toss the leaves with the spoon and fork, adding more dressing if necessary. Serve at the same time crescents, cut from thin slices of bread, toasted and buttered. Have the toast freshly made and hot when sent to the table.

Fruit Salad

Set a slice of pineapple on each of as many individual plates as needed. Above this set two sections of grapefruit, freed from all membrane and seeds, in such a manner that they will just meet at the points, and leave a quarter inch of pineapple as an edge around them. Inside the sections of grapefruit dispose two or three sections of orange freed of skin and seeds. The whole will seem like a half-fruit set on the pineapple. Press two heart leaves of lettuce under the pineapple, on opposite sides. Pour over each portion a tablespoonful of French dressing made with lemon juice. Finish with a figure cut from a piece of pimento and two halves of a blanched pistachio nut.

White Fish Salad

Separate boiled or baked white-fleshed fish into flakes. (When convenient flake the fish before it cools, as it separates more easily then.) When cold add to a pint of fish half a teaspoonful of salt, half a teaspoonful of paprika, three tablespoonfuls of olive oil and one tablespoonful of vinegar. Mix thoroughly, then set aside until ready to serve. At serving dispose in a mound on heart leaves of lettuce. Sprinkle with a tablespoonful of capers. Rub over the inside of a mayonnaise bowl with the cut side of half an onion, and turn into it about a cup of mayonnaise dressing, in which a teaspoonful or more of anchovy essence has been mixed. When making the dressing add the essence or paste to the vinegar and proceed as usual.



PLAIN COOKIES

“like mother used to make.” Borden’s Eagle Brand Condensed Milk, used in connection with the following recipe, makes delicious and appetizing cookies which the children appreciate and love to nibble at between meals.

BORDEN’S EAGLE BRAND CONDENSED MILK

RECIPE

Beat two heaping tablespoonfuls butter to a cream; add gradually one-half cup sugar, and beat again. Then add two well beaten eggs, four tablespoonfuls Borden’s Eagle Brand Condensed Milk diluted with three-fourths cup water, one teaspoonful baking powder, one-half teaspoonful grated nutmeg and flour enough to make a moderately soft dough. Mix thoroughly, roll, cut with a round cutter and bake a light brown in a moderate oven.

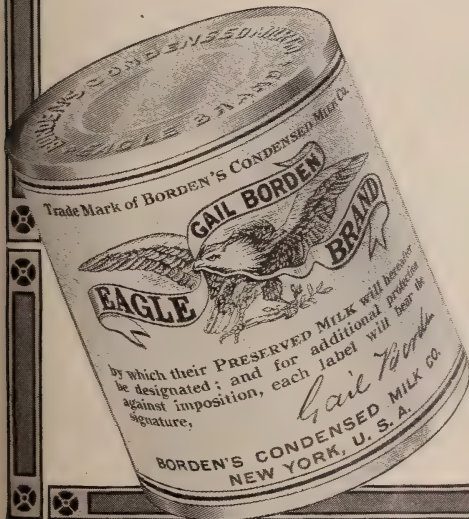
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BORDEN’S CONDENSED MILK CO.

“Leaders of Quality”

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New York



Sandwich Combinations

1. Entire wheat Nut-Bread spread with butter and cooked dates, chopped and cooled.
2. Entire wheat Nut-Bread spread with butter and cream cheese or grated Edam cheese mixed to a paste with sherry wine.
3. White bread spread with chopped chicken and nut meats mixed with mayonnaise and chili sauce.
4. Boston Brown Bread spread with cold Welsh rarebit and bits of pimento.
5. Bread, hot bacon, butter.

QUERY 1780.—“How can ‘Corned Beef Hash’ be made brown and crisp on the bottom before folding it over?”

Corned Beef Hash, Brownd

Use equal proportions of beef and potato or more potato than meat if preferred. Chop rather fine a green pepper; pod chopped fine is thought good for variety. Do not discard all the fat on the meat. In a frying pan cook three or four slices of bacon or salt pork. Take all the bacon and reserve to serve with the hash. Pour part of the fat into the meat and potato and mix thoroughly; then turn into the rest of the fat in the pan and spread the mixture out evenly; cover and let stand until very hot throughout, when a brownd crust should have formed beneath. Fold or roll as an omelet and turn upon a hot platter. A cast iron frying pan is preferable.

QUERY 1781.—“Recipe for ‘Crusty Rolls.’”

Kaiser Semmel

Soften a cake of compressed yeast in one-fourth a cup of boiled water, cooled to a lukewarm temperature, and stir in about three-fourths a cup of flour, or enough to make a dough that may be kneaded. Knead the little ball of dough until it is smooth and elastic, then make

a deep cut across the dough in both directions. Have ready two cups of boiled water, cooled to a lukewarm temperature, and into this put the ball or dough. It will sink to the bottom of the dish, but will gradually rise as it becomes light. In about fifteen minutes it will float upon the water, a light, puffy “sponge.” Into this water and sponge stir a teaspoonful of salt and between six and seven cups of flour. Knead or pound the dough about twenty minutes. Let rise in a temperature of about 70° F., until the mass is doubled in bulk. Divide into pieces weighing about three ounces each (about fourteen pieces). Shape these into balls. When all are shaped and somewhat light, commence with the first shaped and with a sharp knife, cut down into each to make five divisions, extending through one-fourth the thickness. Set the balls in buttered tins, some distance apart, brush over the tops generously with melted butter, and set to bake *at once* in a hot oven. Bake twenty or twenty-five minutes. When nearly baked, brush over with the beaten white of an egg, and return to the oven to finish baking. Bake the biscuit as soon as they are cut and brushed with butter. Only by this means can the shape and fine texture of this form of bread be secured.



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NO matter if you do have to hustle the coffee making at breakfast time. A Manning-Bowman Percolator makes coffee as quickly starting with cold water as other percolators starting with hot. And you'll have coffee that's delicious, clear and healthful—never bitter or muddy—always the same. Manning-Bowman Coffee Pot or Urn Style Percolators are made in solid copper, aluminum, nickel or silver plate. Over a hundred styles and

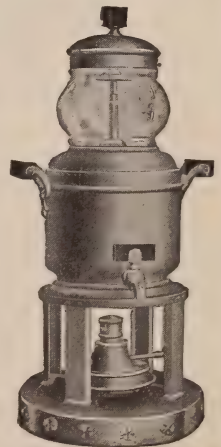
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Urn Style No. 3893

New Books

The Family Food. By T. C. O'DONNELL. Price \$1.00 net. Philadelphia: The Penn Pub. Co.

In his preface the author says: "Of the making of books on health, especially health books dealing with diet, there is no end. Particularly conspicuous are books on raw food, fasting, and other fads and fashions. It is the author's opinion that the general reader lacks both the time and the technical training necessary to conduct experiments upon himself, and that the better way is to choose widely from the vast assortment of foodstuffs which Nature has provided, giving especial heed to heat and energy-producing values, digestibility, assimilability, therapeutic effects, economy, etc. It is the author's purpose in the present work to afford data upon which to base such a selection, and he is convinced that a treatise of this kind will be found

generally of greater practical value than one which advocates a rigid restriction of the diet."

The author has carried out his purpose in a very commendable and satisfactory manner. One cannot read this book without gaining much valuable information about foods in their relation to diet. The data is scientific and up-to-date. Economy, hygiene and efficiency are the objects sought for in the selection of foods. The haphazard way is neither wise nor prudent. Sometimes it is fatal. This book is valuable for perusal as well as for occasional reference. It gives the very most useful information that should be known in every family.

In the House of the Tiger. By JESSIE JULIET KNOX. Price \$1.25 net. Chicago: Jennings & Graham.

It consists of connected sketches that give the reader an intimate view into the homes of the Chinese in various California cities, a vivid picture of how they live—their reverence for tradition, their tastes, their stolidity at first so difficult to deal with. Phases of their nature, entirely unknown to the average reader, are carefully and lovingly portrayed. The author has worked among the Chinese for fifteen years, and therefore has an abundance of valuable material to draw from.

The stories of rescue among Chinese slave girls and of the Occidental Mission House in San Francisco, California, are touching, indeed, and incite the reader to admiration and sympathy. The charming children, so splendidly championed by *The Tiger* and her co-laborers, compel attention.

This kind of Home Missionary work cannot be too highly commended. It redounds to the superior credit of Christian civilization. *In the House of the Tiger* is probably the most interesting book the author has yet written.

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HOSE SUPPORTER

It holds the stocking firmly and neatly — will not let go until released — is easily managed by small fingers. Wears longest because of its superior quality.

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As the ashes in this Hod are so far below the fire they cannot bank up against the grate and warp it, nor hinder the draft. The other Hod is for coal; both Hods shut in out of sight, but quickly got at. This arrangement makes a more tidy kitchen and **saves time, trouble and many steps.**

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The Great Carême

It is not generally known that the great chef, Antoine Carême, was at one time master cook to King George IV., but he soon left the Regent's household to take up the post of chef to Baron Rothschild in Paris. George IV., it is recorded, offered Carême three times the salary to return to him, but all in vain. Carême did not like London, it was too *triste* an abiding-place for him. So he remained with Baron Rothschild until infirmity overtook him, when he retired and enjoyed life for a few years longer. He retired to dictate his immortal works to his accomplished daughter. Even in his retirement Carême was eagerly sought after, but he was deaf to the voice of the tempter. Money was no longer an object to him, for he was realizing twenty thousand francs a year from booksellers, besides the interest of the money he had saved. "Think of it!" wails a recent writer, "eight hundred pounds sterling yearly for writing on kitchen stuff. Who would compose epics after that?" But Carême's books are epics after their sort, and a fitting monument of a famous man who had been "the imperial despot of European kitchens; had been be-ringed by monarchs and been smiled on by princesses; he had received lords in his kitchen, and many ladies of high degree had not hesitated to visit him there, to get from him a very little knowledge."—*Exchange*.

Alsace-Lorraine and the Culinary World

Alsace-Lorraine, is one of the most important provinces of Germany, from a culinary standpoint. Most of the chefs of the best hotels of America and Europe come from this province, whilst Strassburg, the capital, is the home of the famous "pâté de foie gras." Its chief ingredient, fat goose livers, causes the raising of geese to be a very important industry in the surrounding country. The product is packed in small stone pots, and sent to all parts of the world.



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The food is cooked on the plank, and the plank placed in the holder just before serving.

This is one of the handsomest and most useful table pieces ever devised.

Would make a suitable wedding or christmas present, and there is no woman in the land who would not be proud to possess this.

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An additional plank will be sent as premium for two (2) additional subscriptions. Then you have one plank for meat and one for fish.



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Three pint Alluminum Percolator of the very best make. None better—only larger.

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The proper way to serve it is on a crust of pastry as the Strassburgers do, and only then, properly speaking, it is called by its well known name. Strassburg is also noted for its sausages and sauer kraut. The province of Alsace-Lorraine is probably the greatest wine district in Germany. Everywhere well kept vineyards crown the slopes of the Vosges Mountains, and far into the Rhineland. On the top of one of the highest mountains, Gebweiler or Sulzer Belegen, the traveller will find a well kept inn, with plenty of good food and refreshment. Munster, in this same province, is one of the most noted cheese-making centres of Germany, although the cheese itself is mostly manufactured in cottages out in the country.—*Exchange*.

Epicurus

Epicurus was born about 341 B.C. His father kept school, his mother dealt in sorcery, which kindled in him a hatred of falsehood, and he grew up, making a religion of his own: that men could not have free play for the attainment of peace and happiness, until they had been delivered from the crushing burden of fear and superstition.

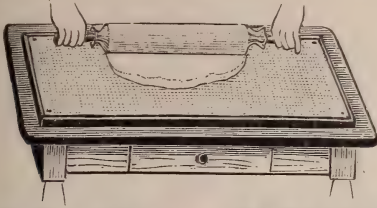
Epicurus sought to lead men by the green pleasures of life, the pleasures of healthy and temperate living, and calm and untroubled thoughts.

For long he was believed to have been a sensualist, yet he lived a life almost like an ascetic, for he writes to a friend: "Send me some cheese of Cythnus for I wish to fare sumptuously." What did Epicurus mean by pleasure? Nothing more than health of body and mind, freedom from suffering and care.

Says he: "Of all things which wisdom provides for the happiness of our whole life, by far the greatest is the acquisition of friendship."

"We ought to look round for people to eat and drink with, before we look for something to eat and drink; feeding without a friend is the life of a lion or wolf."

—*Exchange*.



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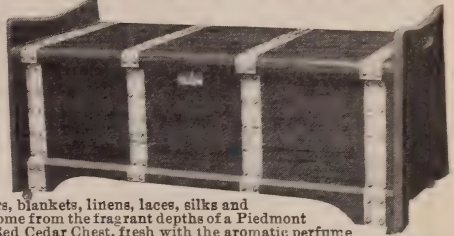
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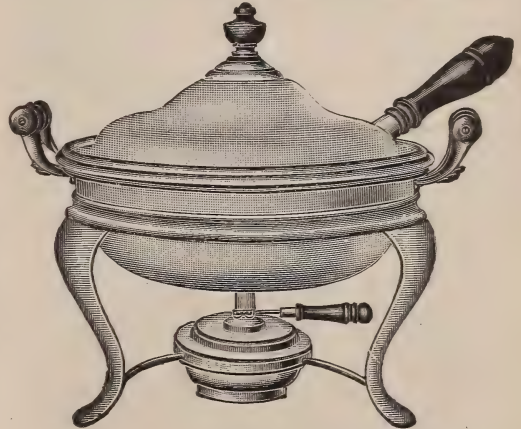
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It is possibly a little premature to mention the difficulties that the chefs of the future will have to contend with in preparing meals on flying machines; but to hear the aviators talk, one would think it only a matter of a little time now, until people will be living up in the air, as indeed, some of them now seem to. When they begin to engage cooks for their longer voyages, there is likely to be trouble coming to those who have been accustomed to cooking at sea-level, and don't realize how easy it is to boil water at a great height, and how hard it is to cook with water that is boiling. Before the food is cooked—almost before it is warmed through, the water all boils away. Of course, the reason is that under the lesser air-pressure at great altitudes, the water boils at a lower tem-



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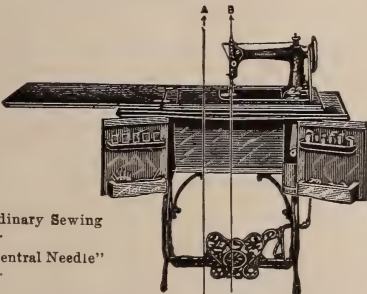
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perature, but many a cook who imagines that boiling water is as hot in one place as it is in another, has been puzzled to a pitch of exasperation when trying to prepare a meal on some lofty mountain top. After some experience, however, one finds that the steam can be confined by close-fitting lids, and can then be heated to any degree desired. And one can cook as well, or better, with steam properly heated, as with water.—*The Steward.*

Mark Twain used sometimes to visit Harriet Beecher Stowe in a rather negligee costume. One morning Mrs. Clemens met him with this exclamation: "There, Sam, you've been over to the Stowes again without a necktie. It is disgraceful." Soon after Mrs. Stowe received a small box containing a black silk necktie and this note: "Here is a necktie. Take it out and look at it. I think I stayed half an hour this morning. At the end of that time will you kindly return it, as it is the only one I have? Mark Twain."—*Short Stories.*

A politician tried to coax an old farmer to vote for him instead of for the candidate who had already served two terms successfully. The farmer preferred the other man. "But don't you believe in rotation of crops?" queried the politician. "Y-a-s," drawled the farmer, his foot upon the fence, elbow on knee, chewing a straw, meditatively, "y-a-s, but I ain't a-goin' to plant my potato patch to skunk cabbage just fer the sake of rotatin'."

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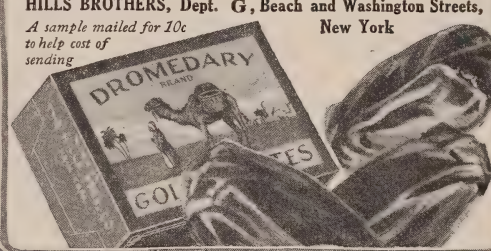
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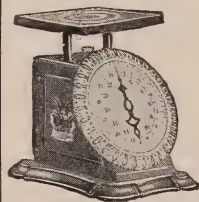
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- | | |
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tablespoonfuls of
lard or butter,
melted |
| 1 cup of milk, scalded
and cooled | 6 cups of sifted flour |
| 1 cup of lukewarm
water | 1 teaspoonful of salt |
| 2 tablespoonfuls of | |

Dissolve yeast and sugar in lukewarm liquid, add lard or butter, and three cups of flour. Beat until smooth, add rest of flour, or enough to make a soft dough, and lastly the salt. Knead until smooth and elastic. Place in well-greased bowl, cover and set aside in warm place to rise. When double in bulk, which should be in about two hours, form with hand in twelve large, round biscuits. Cover and set aside for about one-half hour. Then, with rolling pin, roll to about one-fourth inch in thickness, keeping them round. Have ungreased griddle hot and bake ten minutes. Brown on both sides. As they brown, move to cooler part of stove, where they will bake more slowly, keeping them warm in the oven until all are baked. They can be reheated in this way or split and toasted on the griddle. These muffins are delicious served hot with plenty of butter.

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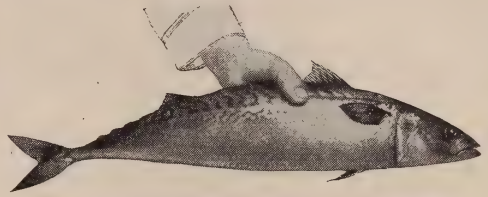
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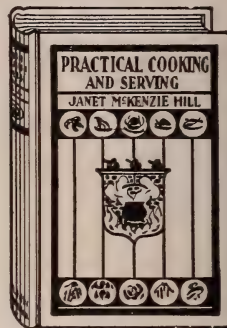
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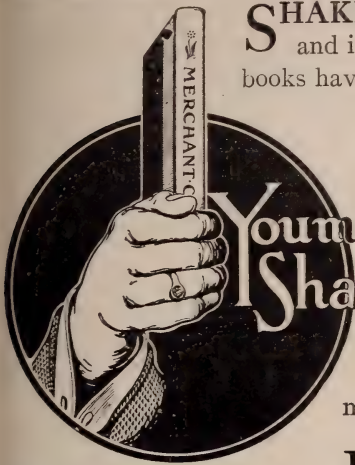
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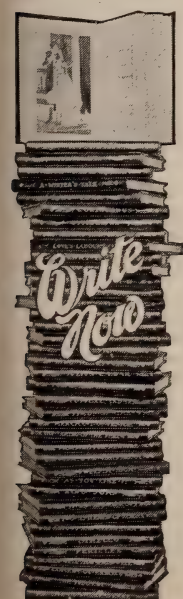
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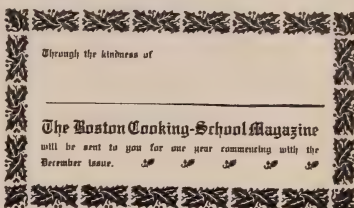
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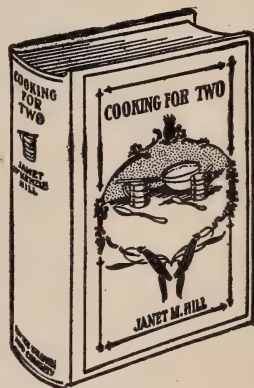
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I

Consommé a la Royal
Baked Shad, Italian Sauce
Cucumber Salad, with Minute Onions
Roast Loin of Lamb, Mint Sauce
Mashed Potatoes, Browned
Asparagus, Hollandaise Sauce
Baba, with Apricots and Meringue
Coffee

II

Fresh Mushroom Cocktail
Green Turtle Soup
Fried Oysters, Sauce Tartare
Guinea Hens, Roasted
Rice Croquettes en Surprise
Lettuce, Asparagus-and-Red Pepper Salad,
French Dressing
Pineapple Bavarioise

III

Clam Broth, with Whipped Cream
Brook Trout Fried in Deep Fat,
Sauce Tartare
Casserole of Chicken, Fresh Mushrooms
Asparagus, Maltese Sauce
Easter Salad
(Egg-and-Cream Cheese in Pimento Nests)
Toasted Crackers
Coffee



TEA ON THE VERANDA

The

Boston Cooking-School Magazine

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APRIL, 1912

No. 9

Porch Parlors

The Extensive Use of this Feature of Outdoor Living—Some Hints as to Proper Location and Furnishings

By A. G. W.

THE outdoor living room, or porch parlor, is coming more and more to be recognized as a necessary adjunct in modern house building, and today its location is as carefully thought out as the arrangement of any of the interior apartments.

Fifty years ago it was looked upon as a useless luxury, and the uses to which it could be put were undreamed of, but all that has passed, and the homes of the present, whether situated in the city or suburbs, in the mountains or at the seashore, are considered incomplete without the addition of an open air living room.

For years women who love to cling to old-time housekeeping traditions frowned upon the "fads and frills" of their more up-to-date neighbors who took tea and entertained their friends on porches transformed into summer bowers, but at length their eyes were opened to the delights and benefits of the fashion and gradually they, too, took up the so-called "fad," and its adoption has now become almost universal.

And one cannot wonder at this, for

surely there is no room in the house which lends itself so readily to artistic decoration as does the porch parlor, with its outline of vines and pretty shrubs, and its free circulation of health-giving air, the benefits of which humanity at last is beginning to realize. It is a cosy retreat, where informality and unconventionality have full sway, a place where one may lounge and read, or entertain, as fancy dictates.

The first consideration in the construction of a porch parlor is its location, upon which its success or failure depends. It should be planned to be sufficiently broad to fulfil its purpose, for a narrow porch is worse than none at all, and then, too, it should be built at a point where it will not interfere with the lighting of the interior apartments. Within the angle formed between the main house and a wing is a good spot to build it, and along the rear of the house, if the service portion is in a separate wing, is another excellent location.

Often it is made across the front of the house, and this position is desirable,

provided the house is far enough removed from the main highway to be partially screened from the view of passers-by. The principal advantage of the porch parlor is the semi-privacy it affords, and, therefore, if it is built at a point where its every nook and cranny are exposed to the gaze of pedestrians, it loses its chief charm and becomes the useless luxury it was once considered to be.

It should always be roofed over to prevent the warm rays of the sun from beating too fiercely upon it, and it may be railed in or not as the owner desires. Sometimes the roof is supported by large pillars, the spaces between being left vacant, or they may be filled in with potted plants and boxes filled with flowers. Again a rail of stone or wood extends around it, against which trellises are built, the whole rendered bright and artistic by means of pretty vines trained to clamber over the framework.

A very pretty effect was introduced in the porch roof and outline rail of a large bungalow. The roof of the house was extended to form a covering for the outdoor living room and it was supported at the edge by rough notched twin-elm posts, set in a rail of fieldstone, left uncut. The effect was most unique, and the whole contrasted admirably with the picturesque rural character of the surroundings.

If the porch parlor be sufficiently large, enclose a portion of it for a sun-room. This is a place that is always enjoyed, even in inclement weather, and in addition it can be successfully converted into a conservatory during the winter season.

But it is not alone in spacious outdoor living rooms that this feature is found, for one of the most interesting sun-parlors I have seen was located at the end of a little porch at the rear of an old-fashioned farm-house. It was con-



SPACIOUS SUN-PARLOR



A MODERN VERANDA

structed of a quantity of tiny four by five photographic plates, purchased from a photographer who was glad to dispose of them. They were inserted into slender laths and firmly puttied, and served the purpose admirably. The work was all done by the son of the house, in his leisure moments, and when finished, after weeks of patient toil, was well worth the effort. The cost complete was but ten dollars, and the retreat was a bower of beauty and a source of pleasure the entire year, being transformed into a tiny conservatory during the winter months, and serving the purpose of a tea-room in the summer season.

The floor coverings of the porch parlor are numerous and varied, the favorites being grass mats and rag rugs, although art squares, small woolen rugs and arts-and-crafts mats are also extensively employed. The grass mats have the advantage of being cool and easily kept clean, but at present they are not quite so much sought after as the rag rugs, which come in a variety of soft dainty colorings and are charming addi-

tions to any apartment. They are made in much the same manner as the old-time rag carpets, the difference being not so much in the method of making as in the contrasting of the colors used, the rugs of today being perfectly harmonious in tone, and not presenting a confusing mass of tint as did the old ragbag remnants. The art square has the advantage of being able to cover considerable space, and the arts-and-crafts rugs are always attractive, but to my mind the small woolen rugs are better omitted from the list of porch floor coverings.

Wicker is undoubtedly the most popular porch furniture, and deservedly so, for it combines in construction the desirable qualities of coolness and light weight. It is equally attractive in its natural light coloring or when stained a soft green. Chairs of this material can be purchased in almost any shape, one of the most comfortable being an adaptation of the old English wing-chair, with high back and wing-shaped extensions to the sides, a writing rest being arranged on the right arm, and a maga-

zine pocket on the left arm.

Another comfortable type resembles a couch more than a chair, and is fitted with a very low seat, an adjustable back and a foot rest arranged beneath the chair, which may be drawn out when desired. On either side is contrived a newspaper or book rack, and in the right arm is a round hole sufficiently large to hold a glass of lemonade, or some other cooling drink.

Low, broad settees, very long or of medium length, are very fashionable at the present time, and come in wood, cane or wicker. The first named is generally fitted with cushions, which are removable and serve as a foundation for the loose pillows scattered about. The cane and wicker settees have no fitted cushions, but are generally piled with downy pillows of all sizes.

Large swings, broad and high, of canvas or wicker, are charming additions to porch furnishings, and have taken the place to some extent of rocking chairs.

Then, too, there is the hammock which is always suggestive of comfort, and can be used in conjunction with the swing without causing a discordant note.

Besides the easy chairs, settee, and swing already referred to, provision should, also, be made for one low chair, with a comparatively straight back, at which one may sit to pour tea or write. Of course this must not be of the ordinary type of straight-back chair used inside the house, but of a specially contrived veranda variety easily obtainable at any furniture establishment.

The selection of a table for the outdoor living room is an important point, but one quite easily determined at the present time with the wealth of designs that are today on the market. A favorite type of table is of medium size, constructed of unstained wicker. It has two rectangular shelves with a smaller square shelf on two of the sides between the larger ones. It proves an ideal receptacle for books and magazines and also



COSY WITH GRAND FEATURES



APPROPRIATE IN FURNISHINGS

furnishes space for the display of cut flowers. The wicker capstan stool is much used and is handy to hold jardinières filled with palms or plants, and then when turned upside down it serves the purpose of a scrap basket.

The tea-wagon is a useful bit of furniture to install in the porch parlor. An attractive model, much in demand, is in reality a wicker table with the top sunk in to hold cups and saucers, and fitted at one side with a handle and mounted on two wheels. It is pretty in its natural coloring, but is seemingly preferable when stained a dark green or a deep red. Then there is a wicker stand that has come to be considered an important accessory to the tea-wagon. It contains three shelves, placed one below the other, and is very convenient to hold plates of cake or other dainties generally served with afternoon tea.

Flowers have come to play a prominent part in the decoration of the outdoor living room; in fact, it has become quite a fad to employ florists to give fragrant finishing touches to furnished

porch parlors.

The stone rail lends itself admirably to the effective display of boxes filled with blossoming plants, and some of these rails resemble a bit of an old-time garden lined as they are with boxes planted with mignonette, heliotrope, and other old-fashioned favorites. The geranium, too, is a favorite plant much used in filling these boxes, and is always pretty whether employed in a combination of tints, or used in one solid tone.

Nasturtiums are particularly well suited for hanging baskets, which are most attractive when covered with natural colored rattan. All of these baskets are made with a drainage, so that flowers thrive well in them. Among the larger flowering plants, which are suited to decorate the porch steps, is the hydrangea, which is a free bloomer, and is most attractive when planted in a soft blue Japanese crock. These plants are also pretty to place about the interior of the porch parlor.

Vines are useful as screens, and at the same time possess decorative qualities.

The crimson Rambler rose is most attractive and easily grown, and the Virgin's Bower vine is particularly well adapted to the outdoor living room, its thick growth serving admirably as a screening, and then, too, it has a long season of bloom during which time it presents a snowy bank of star-shaped flowers of delightful fragrance. The clematis is one of the best of vines, and

when in flower displays a mass of downy white blossoms. It is particularly effective when used in conjunction with the coccinea, whose rose-colored blooms resemble half-closed rosebuds at a distance. Then there are the wistaria, honeysuckle, Virginia Creeper, and numerous other vines, all finely suited to ornament the outline rail and roof supports of the outdoor living-room.



SOMEWHAT OLD-FASHIONED

Easter

By L. M. Thornton

Rejoice, oh, Little Lad O' Mine,
'Tis Easter Day,
The clouds have vanished and the snow
Melts swift away.
A lily, blooms, safe-sheltered, where
The hemlocks nod,
And in their boughs, a robin sings
Glory to God.

Be glad, oh, Little Lass O' Mine,
'Tis Easter Day,
The bells their message fling afar,
And hearts are gay.
Death ruled, and men in terror bent
Beneath the rod,
But freedom comes through riven tomb
And grace of God.

So sing, ye Children of the World,
'Tis Easter Day,
You may not wholly understand
The prayers we say.
But in the bright and sheltered way
The Saviour trod,
Your feet can walk the homeward route
Leading to God.

A Little Trouble versus Irresponsibility

By Frances Campbell Sparhawk

MARY came in from the garden bringing a cluster of beautiful rose-colored hollyhocks and smiling her admiration of them as she entered the house.

"Oh, how lovely!" cried Martha who was spending the day with her friend. "You've not much land," she added; "but you make the most of every foot of it. I've none at all." And she sighed.

"But you've not the bother of it, you know," returned Mary. "That is what you said you did not want when you went into your apartment house. You were to have no care, no responsibility. And you've not—no walks to keep in order, no grass to cut, no veranda to sweep—

"Or to sit on in summer days," interrupted the other.

"No screens to put on and take off; no double windows to bother with; no furnace to attend to in winter—everything done for you; and in the hottest of the weather a trip to the sea shore or the mountains. You are hard to suit, Martha, if you don't like exactly what you've been sighing for."

Martha's only reply was another sigh. Her listener smiled slyly and recalled the old proverb about the misery of a granted wish. "You wanted your time to yourself, and you have it," went on the hostess. "To you domestic life is free from responsibilities. I have hosts of them now. My one maid is as often a trial as a comfort; the man who takes care of the grounds for us knows more than Ralph or I and a hundred others rolled into one and is sulky into the bargain; I've had to beg Ralph to plant fir trees on that corner of our lot where everybody delights to walk just for love of trespassing. We have to fight

the gypsy moths and elm beetles, although the city helps us valiantly in this battle; and I can't remember now all the trials and tribulations—not heavy ones—that descend upon us in our suburban home."

"You regret coming here?" asked the guest eagerly.

Mary shook her head.

"Not a bit of it!" she answered. "But then, you know, I'm stronger than you, and I don't object to a little care. Now, your ideal of happy living is to be, so far as housekeeping is concerned, perfectly irresponsible. Aren't you? A fine apartment beautifully furnished. A dining room under the same roof where you can take all your meals, or you can have them brought to you; a woman who comes every day and puts your rooms into order and then disappears, leaving you free, without thought of care of any kind—I don't see, Martha, what, with your ideal of life, you can possibly complain of; such ease is possible only in advanced civilization."

"Still—" began Martha, and paused.

"Still?" questioned Mary, and stood looking at her, the hollyhocks yet in her hand.

But before question could be answered or suggestion formulated, a shout arose from the garden outside and the next moment two boys rushed into the house, both excited by their scamper in the delicious air and one wildly delighted at unwonted freedom.

"Say, mummer," he shouted, rushing up to Martha, "you can make all the noise you want out here, 'n' there ain't any landlord to shake his cane at you and say what a nuisance boys are! I say, it's bully!"

The mother turned to her hostess. "That's the trouble," she said.

"Ernest is as good a boy as you'd find anywhere, and very considerate of the other persons in the house. But you can't expect a boy to whisper all the time. We shall move when our lease is out, and see if we can't find a more reasonable landlord."

Mary looked sympathetic. "I've noticed it for years," she said. "To go to live in an apartment house is to begin to wander. One house has one serious fault, and the next one another as bad, or worse. I think going into apartment houses is somewhat like marrying with the idea of divorce in the back of one's head. Because you can change apartments, you think of all the reasons why you should."

"And perhaps you think all the more when you've nothing else to do," suggested the other.

Mary laughed. "That's exactly so, Martha. When you've bought a place and feel that you must stick to it, if you're wise, you begin to emphasize its good qualities, and when the faults crop up, you dig them out promptly, if you can; if you can't, you turn philosopher and say that every house has some outs and yours are not half so bad as those of your neighbors—I don't mean you say this to them—and you get to dwelling on the good points, as you do with your husband or your children, and would not change, if you could. But all this means responsibility, and that's exactly what you don't want. Perhaps in some other world everything will be to our liking; but it never is here."

There fell a pause and Mary went out of the room to put her hollyhocks into water. When she returned with them, her guest was still silent for a little, watching her. Then she said:

"You seem so well, Mary. Perhaps if I did have just a little more

responsibility, I shouldn't notice how often my head ached—sometimes I really think it aches from idleness."

The listener broke into open mirth. Then she went across the room and gave the friend of her girlhood a hearty kiss. "When are you going to do it?" she asked.

"Do what?" retorted Martha, returning the embrace with a trace of confusion at the question.

"Come out of that!" as the old stage-driver used to say to his horses when they got into a rut. Give your boy a chance, and yourself and your husband, too—buy a home of your own, and run it and learn all sorts of facts about everything?"

"We're talking of it, Robert and I—but how did you know it?"

Again Mary laughed. "I've seen for some time the symptoms of unrest, flat-living unrest, I call it. You're dying for occupation, and you've the making of a first-class housekeeper in you. Don't you remember when we used to try our hands at cooking in our school days, your things always came out the best?"

"Did they?" cried Martha eagerly. "I'd forgotten it. Well, for our son's sake, as well as for our own, and even more than for our own, we're considering the question of owning our home. Our lease is up in two months. I do hope by that time we shall have decided upon something."

"Fine! You never were long making up your mind, Martha. I'm just delighted. "She paused and then said, "If I didn't like it for myself and Ralph, I should do it for my son. To own a house, if a small one, and land, if only a bit of it, is to have a stake in the well-being of the nation. And, Martha, responsibility of the right kind is a better tonic than any in the pharmacopeia."



The Rag Fairs of Paris

By Frances Sheaffer Waxman

PARIS has many markets which the tourist would doubtless find interesting, if he knew about them. Everyone pays a visit to *Les Halles*, and then considers his sight-seeing duties in that direction done. Of course the great central market is the most important of all those where eatables are sold, but other things than those to eat may be bought at the Paris markets. For years the Sunday morning sales at the Temple have supplied furnishings for many a studio on the "other side" of the river. They say that no English-speaking person can hope any more to pick up bargains at the Temple, but the resident foreigners of Paris still go there to look for "occasions" and they still come away quite satisfied with their purchases and the prices they have paid for them.

The Temple fair is not strictly speaking, a Rag Fair, for almost everything is sold there from sponges and post cards to priceless lace. There will be old jewelry, Turkish carpets, tools of all sorts, frames, and second-hand clothing, including many rusty army uniforms. The Temple Fair dates from 1628, and it was formerly known as "*Le Marché des Enfants Rouges*," the name being given to it because the children of a neighboring orphan retreat, who helped the "*marchands*," were dressed in red.

There are Sunday morning rag fairs held in other quarters of Paris: one at Montreuil, just outside the fortifications, on the edge of the Bois de Vincennes, another, much humbler, takes place in the rue Saint Médard on the Montagne Sainte Genevieve. All the fairs of the "Chiffonniers," or rag pickers, are spoken of as "*Marchés aux Patriarchs*" in the Parisian histories, but among the common people they have another title, "*Marchés aux puces*," and no doubt they well deserve the inelegant classification,

for almost any microbe, other than the nimble flea, may freely propagate among the dusty mass of stuff the rag pickers offer for sale. The poorer the quarter, the poorer the articles to be found there. In the little rue St. Médard, which skirts a district given over almost entirely to working people, the Rag Fair offers an incredible amount of junk, things that seem properly to belong on the ash heap. The casual visitor from outside, who strays into this peculiar scene, cannot help wondering who can possibly buy a toothless comb, hoary with age and decay, blousy switches, false fronts, and worst of all, shabby, discolored, cast-off tooth brushes. Such an array of seemingly useless refuse! And yet they say that now and then good bits of pottery, even of lace, can be found there.

For the most part, however, the dirty wares, spread out on the sidewalk of the narrow street, express French thrift pushed to the last extremity. The carefully washed and mended stockings, the shoes almost worn out, the dilapidated clothing, one can understand; and the tools, the old keys, the bits of broken-down clocks, all perhaps can be used again, but who, for example, would ever use a set of second-hand false teeth?

One other Rag Fair, with a character all its own, occurs in Paris but once each year. It is in connection with the quaint "*Foire aux Jambons*" or Ham Fair, held from Palm Sunday until Thursday of Holy Week. This particular street fair has little in common with the other itinerant *fêtes* which make gay some quarter of the city at almost any time of year. These others are wholly given over to frivolity, and their noisy merry-go-rounds, their gaudy shooting galleries, and their cheap amusement tents, attract only the light-minded. The *Foire aux Jambons*, on the contrary, is a sort of

humble "salon" for the exposition of certain *chef d'oeuvres* in the shape of hams and sausages, prepared, exhibited, and entered in competition for annual prizes, by the ham butchers of Paris and the departments of France. It is a very ancient institution, this fair, and was originally held in the old *Cité*, in the Square Notre Dame. It dates back to 1222. Now it has far outgrown the original circumscribed site, and it spreads itself for many blocks along the Bvd. Richard Lenoir, which leads out of the Place de la Bastille.

Only perhaps a fifth of it belongs to the pork merchants, however. There are a few strolling jugglers and montebanks, a few "*marchands*" of small new wares, coarse laces, curtains, braids, even suspenders and cravats, neatly displayed in the large open umbrellas, which serve these wandering venders as show stands and traveling bags combined. These unclassified people are the forerunners of the fair, which gives its name to the occasion, the real *Foire aux Jambons*, with its rows and rows of rickety little "*barraques*," each laden with the prize products of some ham merchant. Every manifestation of the succulent pig is here offered in competition and for sale. The rival merchants good-naturedly vie with each other for possible customers, offering tastes of the hams and sausages on the ends of their cutting knives to anyone interested enough to sample their wares. The signs which differentiate these booths, crude though they are, lend

interest to the scene. There will be "*Le cochon sans Rival*" or a "*Roi d'Auvergne*," and many another superlative of a like sort.

The *Foire aux Jambons* has, in these times, also a sub-title, *de la Ferronnerie*," and under that last elastic word appears, further along the boulevard, a strange medley of things for sale, which attracts to this particular fair an assortment of people as varied as the junk itself. There is a tradition that in order to really strike a bargain here a woman must go without a hat, as do the natives of the immediate neighborhood. The truth of this tradition may be questioned, however, for the dealers are a canny lot, and can spot their quarry from afar. It takes a lot of bargaining to buy anything there, but bargains are to be found, nevertheless. There are quantities of old silver, quite good jewelry, pictures and picture frames, old books, pewter, bronzes, and pottery of all sorts. There is, also, a little furniture, but more space is given to the old iron, from which the fair now takes its name, than to anything else. Every conceivable metal object can be found there: old locks and keys, old lead pipes, old gas fixtures, old bicycles and their parts, and, already, broken down automobiles are making their appearance in the collection of the once used. The time cannot be very far off when a thrifty and inventive Frenchman can construct his own aeroplane from parts bought at the annual "*Foire aux Jambons et de la Ferronnerie*."

April

By Ruth Raymond

With smiling face fair April now
Like winsome maid appears,
A cloud soon passes o'er her brow,
Her smiles give place to tears.

So merry, yet so sad her mien,
So charming, then so drear,
We hail her as the fickle queen,
Yet hold her wondrous dear.

At dawn she laughs, at noon she grieves,
Nor tells the reason why;
She passes from our sight and leaves
A rain-bow in the sky.

A Villa in Granada

By Mantie L. Hunter

THE villa had been recommended to us by an artist. He said: "I think you'll find it charming and exceedingly comfortable." But when we turned off the cool, shaded driveway that winds up and across Alhambra Hill into a narrow, treeless side street over which the dust lay shoed deep, we glanced at each other in dismay.

"Thank heaven we can change if we don't like it," I exclaimed.

"Once caught, I doubt whether a Spaniard will let an American escape," returned my companion.

We found the villa, like most foreign residences, plain as to exterior, but with a fascinating interior made up of small courts, long verandas, and rooms opening upon galleries. My own room was on the first floor and was fashioned and painted to imitate the arches and arabesques of the Alhambra. The washstand was built into an alcove, which was framed to represent a Moorish window. The stand itself consisted of a long white marble slab with two holes into which were sunk portable, white porcelain bowls. I discovered that one of the bowls had a small round orifice in the bottom; I lifted it up and found a drain pipe underneath. I was supposed to perform my ablutions in one receptacle, lift it, and pour the water into the other. It evidently had not occurred to the manufacturer what a labor-saving invention a plug in the bottom of the perforated bowl would be. Not being over strong I regretted discarding a good cork only that morning.

But everything was spotless, and there were two great jugs of clear soft water on the marble slab and a pile of snowy towels on a nearby rack. The bed looked as though it might have been made up on a piano frame, it was so high. Later I executed a toe-dance all around it in

an effort to get the uppermost of it, and finally had to call a chair to my assistance; but it was delightfully soft and comforting, once I had conquered it.

Dinner was served in one of the small courts. There was a tiny tinkling fountain in the center, at the far end a stone trough into which a stream of water poured, and at one side a great stone well curb. There were hedge-bordered walks and blooming shrubs. Overhead the stars shone, and in the elm trees, outside the high brick walls, the nightingales poured forth a perfect riot of melody. Our table was spread under a blooming pomegranate tree, and once a blossom dropped and balanced itself on the edge of my wine glass like a great red butterfly.

And the dinner! Ah, it was delectable. There was a bottle of wine on the table and a great basket of oranges, peaches and cherries. And such cherries!—pale red and exquisitely delicious. And at the end the pudding came in aglow with the flames of brandy. The dinner was so surprisingly ample, well cooked and deftly served for the modest price we were paying, that I made a note of it for future reference. It consisted of:

Soup.
Two kinds of Fish.
Olives.
Hot Tongue with Potatoes.
Brains with Peas.
Salad of Lettuce, Cucumbers and Onions.
Custard Pudding with Brandy Sauce.
Fruit. Wine.

The next morning I arose, or rather I descended, dressed, and went out onto the street at six o'clock. As I stood on the narrow sidewalk in front of the villa, a flock of goats came trailing along, contentedly pausing at each doorway for one of their number to be milked. On the train I had heard a Barcelona gentleman boasting about their goats which gave ten and twelve quarts of milk a day, but

had put it down as a Spanish fabrication; but after seeing this flock with their sleek black coats and great udders, my doubts vanished. Later I enjoyed my coffee, or rather goats' milk flavored with coffee, which is more than I can say for the crisp yellowish rolls that accompanied it.

Sometimes, when in a foreign country, it would be wise to take one's breakfast in bed rather than go on an investigating tour at an early morning hour. I saw the rolls taken out of a wide-meshed basket slung pannier fashion across the back of a donkey. There was no protection between the bread stuff and the hairy gray coat of the burden-bearer, and no covering to protect it from the dust which lay thick over everything. Presently two cows were driven by and they looked as much out of place, in that quaint old street, as a flock of goats would dallying from door to door on Euclid Avenue.

Across the street a woman came out and lifted a small round section of the

sidewalk, and plunging in a two-quart tin pail drew it up dripping with water. With her hands she flirled the water over the dusty roadway. Looking up and down the street I saw the same primitive sprinkling operation going on before each house. Being curious to see from whence the water came, I stepped across and peered into the opening. A swift little current was flowing along under the sidewalk.

Somehow I never became accustomed to the water surprises which met me at every turn on Alhambra Hill. It seemed to be honeycombed with subterranean streams which had a fashion of appearing above ground in unexpected places and in most curious forms. If, "cleanliness is indeed next to godliness," then those beauty-loving Moors must have been the best beloved of their great Prophet.

Just then mine host called me, and I repaired to the charming little court to partake of the inevitable rolls and honey and coffee.

Home

By Helen Coale Crew

A myriad homes of earth
Awake and stir to greet the morning sun.
Night falls; the candles blossom one by one,
Fires leap in the chimney's girth.
The happiest home of all you see
Leaps daily into light and warmth for mine
and me!

Within the encircling trees
It stands foursquare, a thing of strength and
beauty;
Meet dwelling-place for life and love and
duty,
For daily work and ease.
Time weaves glad hours beneath its roof;
The warp is duty done, peace is the shining
woof.

The vapors that arise
Like incense from the glowing hearth beneath,
Translucent swirl in softly-eddyng wreath,
Up-reaching towards the skies.
But while its heart uplifts to heaven,
Firm foothold in the good green earth my
home is given.

Come enter in, my friend,
And find a place within the chimney-nook,
A share in every laugh and song and book,
Affection without end!
Come too, ye future hours, whate'er ye be,
And find high hearts of courage here in mine
and me!

"Mary, Mary, Quite Contrary"

By J. Carol

HOW does your garden grow?" That is what we will soon be asking and perhaps among my failures and successes in my own garden I may be able to find some word that will help you in yours. Beware of hollyhocks! I put this first because the first thing in the spring and the last thing in the fall is the digging out of hollyhocks, and three years ago there was not one in my garden. They are charming in their place, but they will not stay there unless one does not allow the flower to go to seed.

Learn to prune your own roses, and in fact, all your shrubs. Gardeners are famous for pruning for shape and not for flowers.

Save all pivot cuttings, "heal in" in your own garden, and some day you can point to a hedge with pride and say, "I made it myself."

Give plenty of space to cosmos. It grows rank and showy in the fall and will be the last thing in the garden, except hardy chrysanthemums to fall before the frost.

Peonies will be failures from the start, if planted in a shady place or not fed well in the early spring.

When a shrub is to be moved, have the new hole dug large enough not to crowd the roots. After the plant is set in place, cover partly with dirt and pack roots, then water water plentifully. Do not place all the earth around the plant until a number of hours, or the next day. Be sure to keep off the direct rays of the sun for a few days. A screen of cloth will do this.

Sweet alyssum borders make a maximum show for minimum labor. If possible, keep a bee hive in your

garden and remember not to destroy toads. Bees and toads are flowers' best friends.

Make three plantings or sowings of asters, if you wish to prolong the season of these wonderful flowers. Remember a bed or border of petunias will flower cheerfully for you all summer.

In early spring, divide large clumps of Iris and place at intervals in border or about the garden. When they blossom they will give the effect of the entire garden in bloom, so showy and effective are the flowers.

Make everybody let the beautiful Spiraea Van Houttei alone until after its flowering time. This "fountain of the garden's" beauty is destroyed at once, if spring pruning is allowed. The same is true of the weigela.

Sow nasturtiums among rocks and to fill in spaces, but be sure the soil is good.

When cutting flowers it is best to take a jar of water to the garden and plunge the stems at once into it. Poppies keep much longer if treated this way.

Save all wood ashes as you value the health of your flowers. Asters especially need this treatment and it will drive away the destroying beetle.

A small cold frame or hot bed near the garden will give you "flowers before your neighbors," as the seeds get a good start and strong root before being transplanted.

Always keep in your garden basket gloves, string, trowel, weeder, dibble, a pair of scissors, a sharp knife and a package of wooden labels. Endeavor to teach the family to let them alone, or better still, to acquire a basket of their own. Too often a woman's tools are but a hair pin and a hat pin.

Hyacinths to Feed the Soul

By Henriette W. Roberts

GOOD housekeeping is not necessarily good homemaking. Spotless floors, furniture covered with drab linen, dustless but uncomfortable chairs, closed shutters or drawn shades, keeping out the cheerful, health-giving, as well as color-dissolving rays of the sun. Cheap, thick dishes, the dainty best china adorning the shelves of the china closet, unused, the serving of food any old fashion so long as it is eaten, the manners of greedy porkers when there is no one but the family to see, crude pictures, trashy books, hair in curl papers, a waist and skirt that does not pretend to hang together, the staying away from concert or lecture, because the mending must be done or the house thoroughly swept, the neglect of calling on friends and neighbors, because no time can be spared from housework, all indicate that the material is exalted above the spiritual and that the housekeeper cannot, or will not, distinguish between the essentials and the non-essentials.

I do not mean that one ought not to keep one's floors polished, the furniture undusted, or leave the mending undone so as to find time to gossip with the neighbors or read the ephemeral best seller, but I do maintain that Life means more than food, and drink, and lodging. Real living means growth and progress and attainment, and if petty cares, and humdrum experiences take up all one's time and mind, how can the mind grow and the soul attain? There need not be a gross neglect of duty, but one can put on a thinking cap and decide which are the things of vital importance. Better a bare room, a crust and a lily in a simple vase, than a room cluttered with meaningless bric-a-brac, delicacies to eat and an elaborately cut glass bowl filled with a jumble of roses. Better a little dust, simple eating, plainer clothing with

calm nerves, a controlled temper, and a large interest in men and affairs.

Keep the brasses polished, the windows shining, the rugs well-beaten; set on the table good, home-made bread, a well-filled pie with flaky crust, a clear, quivering jelly and other good things, but be sure this is not all that you do. See that the cloth is immaculate, the dishes pretty, the food served daintily, the table manners refined, the conversation cheerful and free from caustic criticism and petty gossip. Attend the occasional concert; have on hand always a good book; visit with a neighbor or a friend once in awhile; take a walk, enjoying the beauty on every hand, of bird, and tree, and flower. Help your children in their studies, or at least, be interested. Indulge their desires for companionship of their own age, even if they do bang the piano and drag dirt upstairs. Dress neatly and with some concessions, at least, to the prevailing fashions. Be interested in current events and civic affairs. Practice good-will toward all and you will find growing in your home a bulb that will eventually bloom into a beautiful, fragrant, hyacinth that will soothe tired nerves, inspire to better living and tune the soul with the Infinite.

What does it profit a woman, if she have a shining range, a spotless kitchen floor, carpets that yet hold their pristine freshness of color, meals on time, yea! what does it profit her, if she lose the glory of the sunset, the uplift of a good book, the inspiration of good music, the fragrance of flowers, the warmth of friendship? The body, the mortal, corruptible part, she has fed and clothed and sheltered, but the soul, the immortal, incorruptible part, she has starved, left naked and houseless.

Oh woman! blinded by convention, narrowed by the paltry cares of house-

keeping, pray for a clearer vision to perceive that hyacinths are needed to feed the soul. Read again the story of Mary and Martha so as to realize more clearly that it was Mary, who ran to meet him, whom Jesus loved, not Martha, who stayed at home cleaning the house and preparing a big dinner for him; and

while you have in hand your Bible re-read that familiar verse of the 13th Chapter of Matthew, "Consider the lilies of the field, they toil not neither do they spin," but they carry the message of uplift and beauty in the common fields of life.

Division of Labor in the Home

By Flora Huntley

ONE of the evidences of progress in the business world is the division of labor which has been put into practice in every factory and store. The home, it seems, is slower to take up the new methods and largely because it is a matter of common opinion that they have no place here. To the average boy and girl, home is a place where they eat and sleep and where mother either superintends the work done by servants or does it all herself. Father furnishes the money and mother takes care of the house, they reason. Lessons are the only thing that should be required of children; anything more is an imposition.

But the home is something more than a place. Is it not, rather, a little community or corporation, where every member has his duties and privileges and the good of all is sought by each? Considered in this light the problem of sharing mother's work becomes a different proposition.

The ideal home contains father, mother and children. Sometimes there is a baby and sometimes a grandmother, also. In some families there are servants and frequently pets for the children. Each receives the shelter and benefits of the home; each has his own place, and likewise each should render some service for the good of all. It is easy to see that the dog guards the house and the cat keeps it free from mice; that grandma mends all the stockings and father brings home the steak for supper; but too often

the child in the home believes that it is mother's place to do everything else from the serving of meals to the finding of lost garments.

Personal service is, in itself, neither masculine nor feminine work. Except in the case of very young children, each individual should be responsible for the care of his person, his clothes and his room. This is required of cadets and military students as well as of pupils in boarding schools. If the custom were adopted in every home, the mother would be relieved of one of her greatest cares.

If, in addition, each member of the household is assigned a task to be performed for the benefit of all, the home is further organized on the orderly principle that makes for success in business life. The cooking of meals, setting of the table, washing of dishes, the sweeping and dusting, arranging of cut flowers, putting away the daily newspapers, or answering the telephone and door bell, are all forms of work that may be delegated to various members of the family, from the baby to the daughter who is in college. A child only a year and a half old has been taught to carry his father's slippers to the closet each morning and never misses the loving task.

But the world has been accustomed so long to think that the "mother makes the home," and, because she is so important a factor in it, the work is left to her exclusively. On the contrary, each member, however unconsciously, furn-

ishes his contribution which makes for happiness or discord. The baby in his helplessness is the very heart of the home. The canary with his morning song imparts an atmosphere, and every child fills a place that no one else could take.

When father and children realize these privileges, with the corresponding responsibilities, they not only relieve the overburdened mother, but become shareholders in a private corporation,—par-

ticipants in one of the most ancient social bodies in history,—the family.

By being a useful member of this smaller society the youth learns to appreciate his home and to form high standards of the integrity of family life. To feel that one is responsible for the care of his own person and that, beyond this, he must contribute to the welfare of others, is the ideal attitude not only for the child in the home, but for the citizen of a great republic.

When Bob Burglarized

By Annie N. Wyman

THE almost woe-begone expression on Ruth's face, the morning after she had attended a little reception at the home of her betrothed, puzzled the family not a little. After some questioning the truth came out.

"I did have a good time, really, and everything was lovely. Until the very last I enjoyed myself. You know it began to rain just as we were coming home, so Billy went back for umbrellas and a raincoat for me. As all the guests had left, I stayed in the hall and waited for him. I didn't mean to 'eaves-drop,' but Miss Stanhope was talking to someone, I couldn't tell whom, just the other side of the portiere, in the drawing room. They were discussing me, and before I realized it, I had listened until Billy came back. You see Miss Stanhope brought Billy up, after his mother died, and to be perfectly plain, she doesn't think me capable of the responsibility of being his wife. It was the first time that I had ever heard myself discussed, and—"

"O wad some power the giftie gie us," interposed brother Bob.

"Yes, and when it's given us, we don't like it. Why, she even said that, if Billy's finances gave out, or we lost our maid, I wouldn't be able to keep him from starvation, and that he would be sure to have dyspepsia. I was about

ready to cry when Billy came back!"

"Oh, Sis, I'll bet on you every time. A girl that can get a fellow out of as many scrapes as you have me won't fail at such a simple thing as keeping one lone man of Billy's size filled up. If you say so, I'll write a note to dear Aunty and tell her what bully stuff you can make in that chafing-dish of yours, and at the same time give her a short discourse on the superiority of the present-day girls over those of the far-off age to which she evidently be—"

"Bob, you mustn't talk in that way of Miss Stanhope. I think I shall like her very much after she becomes a little less reserved," said Ruth, trying to look severe. "She is lovely to Billy, too. Besides, that was one of the things she said, that I could concoct awfully indigestible stuffs in the chafing-dish, which was worse than not being able to cook at all."

"Why don't you show your worth to the lady?"

"How?"

"That's easy. Invite her here to 'dinner some night, and do the whole thing yourself."

"Bob, you angel, I believe I will! I'm sure I could. What do you say, mother?"

"I am afraid I should hardly dare risk it without some previous instruction, but I do think it would be a nice thing to do,

and Mary and I are both quite ready to give our help. I have been hoping that you would find time for some lessons in practical housekeeping before your wedding."

"I'll begin immediately, and watch Mary from henceforth in all her ways. Behold the change! From a foolish will-o'-the-wisp, to a staid and practical housekeeper," said Ruth.

"It'll be the metamorphosis of the grub to butter-fly, changed about to the butterfly to grub-cooker," exclaimed Bob from the safe retreat of the hall, as he was going up stairs.

One evening, several weeks later, Mr. Ridgely came into the library, where Ruth and her mother were working on those all important trifles of embroidery in which all brides so delight, and suggested that his wife accompany him on a little business trip the next day. Mrs. Ridgely readily accepted until she remembered that she had promised Mary the day off. However, Ruth immediately insisted that that shouldn't interfere, as she was certainly capable of looking out for herself and Bob at lunch, and of getting a presentable dinner, after her lessons from Mary. Suddenly, she jumped up, sending a shower of embroidery floss broadcast over the floor.

"I'll do it. Do go, mother."

"Do what?" from father.

"I'll have Miss Stanhope and Billy here for dinner."

"Why Ruth Ridgely, you'll do no such thing! Miss Stanhope is somewhat critical I should imagine, and the first time she dines here, I think I should be hostess, and I shall not get back long enough before dinner to superintend its getting."

"Oh, mother, please. All the more glory for me,—or otherwise," Ruth added with a laugh. "I'll explain the matter fully to Miss Stanhope so that she won't think it strange of you."

Although Mrs. Ridgely protested for some time, Ruth had her way, in the end, as usual.

The next morning breakfast was a

rather hurried and disconnected meal, and it was quite forgotten that Bob did not know of their plans for the evening, until after he had started for school.

"Oh dear, he pitches to-day, and I almost know he'll be late getting home and will appear at dinner in his baseball suit, and Miss Stanhope will be dreadfully shocked."

"Don't worry over that, I'll waylay him in the hall," said Mr. Ridgely.

"Don't bother to get any lunch, for Bob doesn't expect to get home, and if he does come, let him eat something in the pantry," called Mrs. Ridgely as the run-about sped out of the yard.

A little later, Mary departed for her sister's with the usual parting injunctions as to where to find things.

"I've washed the dishes all up for yez, and things is in foiné shape so ye'll not be having much to do, wid only you and Mr. Bob, who's not perticular at all. It'll be good practise fer yez, ye know," she added with a wink.

The path clear, and the day before her, Ruth set to work. Hailing an errand boy she sent her invitation to Miss Stanhope and telephoned Billy his, adding the particulars of the story. His replies must have been pleasant, judging from the smiles that played a game of tag with the rosy blushes over her face.

The first thing on her program was the dining room, and Ruth gave that her undivided attention for the next hour, until the table shone with the Ridgely's best, and was set with all due respect to propriety and style.

She had lain awake half the night before, planning her menu, and having chosen an apparently simple one, she now set to work. Finding the materials for the dessert, she made that, and set it on ice. Next, she prepared the vegetables and set them in water according to previous instructions. She had some trouble with the salad-dressing, which at first refused to thicken, but that at last was in its place beside a plate of very creditable butter-balls, which had really

been the hardest to make look right. For the meat course she decided to have broiled chops, as she had prepared the chops for dinner one night the week before, under Mary's careful tutelage, and so felt quite sure that those, at least, would be a success. Her mother had promised to order the chops on the way through town, and they arrived while Ruth was arranging the dining room, and were carefully placed in the pantry.

So much done, and the kitchen again in "apple-pie" order, she stood back and surveyed the fruit of her labors.

"I'm sure housework is lovely," she thought, "and I'll give our maid very frequent holidays, for it will be such fun to get dinner for Billy. Dyspepsia indeed! Now I believe I'll go down town and buy my lettuce, nuts, wafers and olives myself. That'll make it seem more business-like than to order them over the 'phone. I'll have lunch in town, too, for Bob will never come home if he so much as hinted at being away. I can do some shopping, or those linens in Berle's will be gone, and then be back by four, which will give me time to dress, and finish dinner."

It was half past four, when she finally reached home, however, but as everything was so nearly ready, it did not trouble her, for she had set the dinner hour at seven, as she did not expect her father and mother until six-thirty.

Being tired she laid her bundles on the serving table in the dining room, and went directly to her own room to refresh herself and dress. Time goes more swiftly than we sometimes realize, and it was half past five before she again entered the dining room in a charming gown and a most bewitching apron, fluffy with ruffles and ribbons. She hurried into the kitchen to don a large apron and set to work, but on the threshold she stopped short and uttered a little cry of dismay.

The once spotless kitchen was now quite disorderly. A good-sized pile of dirty dishes reposed in the sink, and an

empty platter revealed the fact that the chops were no more. In a daze Ruth opened the ice-box door. No pudding met her astonished gaze, and when later she looked in the sink she found the vegetables gone and the empty pudding dish.

The horror of the situation came over her, and without seeming to think of the whys and wherefores of the strange disappearance, she sank down, a miserable little heap, on the kitchen floor, dainty ruffles and charming gown forgotten. Suddenly, just as her eyes were real red and "weepy," the front door-bell pealed forth and Ruth recognized Billy's ring. Now there is Revolutionary fighting blood in Ruth's veins. Therefore, she arose, made a few hasty dabs over her eyes with cold water, smoothed out her crumpled ruffles, and made her way to the door, outwardly as calm and serene as one would expect of a young lady preparing for her first dinner party.

It was Billy, come to bring a huge bunch of Richmond roses for table decoration. Being in somewhat of a hurry, as he was on his way home from the office, and must dress and be ready to escort his aunt, he did not notice Ruth's flushed cheeks.

Billy gone, Ruth arranged the roses in the center of the table and then burst out laughing. At any rate, the assembled guests would be greeted with a perfectly appointed table even if there were nothing to eat. The laugh gave her renewed courage, and determined not to be outdone at any odds, she again set to work, and in the course of another hour prepared quite a meal, though a strange one, and one which almost exhausted both her mother's store in the emergency closet, and her own strength.

Promptly, at seven, the dinner was served and nothing was said of the day's episode. The luscious cream of spinach soup, which she had learned of Mary the week before, she had just the same, but instead of chops, garnished with steamed squash run through a pastry tube, and

creamed onions, she had escaloped salmon and lima beans, cans of each of which were found in the store room. For the salad, she had planned to have shrimp salad and cheese wafers, but not wishing to have canned shrimp and salmon at the same meal, she simply had dressed lettuce and the wafers and olives. The dessert was a perplexing problem for her inexperienced mind for some time, but she finally decided upon preserved peaches and cream, and a loaf of Mary's sponge cake which she had left. The dessert was not exactly to her mind, but she finally decided that it was justified by the extenuating circumstances. The coffee, nuts and wafers were, of course, all right.

After dinner, when the family and guests had gathered around the open fire in the library, Billy proposed some music, so Ruth and he retired to the parlor. During a pause between her selections Ruth told the story of her troubles.

"Never mind, sweetheart, if I am always served with as good a dinner as we had to-night I shall be contented, and there aren't many experienced house-keepers who could get up a second dinner on such short notice, I know. But what became of the first dinner, you haven't told me that yet?"

"Why William Morehouse Stanhope," and a strange expression came over Ruth's face, "I was so completely overcome that that question never once entered my head, and I don't know a bit more than you." At this Ruth went off into peals of laughter. "The only explanation I can give is that Bob must have come home and gotten his own lunch, but how one boy with even Bob Ridgely's appetite could consume the materials for a dinner for six is more than I can see. He ought to have known better, too. I shall have to do some lecturing, I guess."

"You poor dear, had a hard time, didn't you? But I admire your pluck."

After the guests had departed, the family assembled in the library for a few

minutes before retiring, and Ruth told her "heart-breaking" story, as she called it. She had been correct in her conjecture as to where her first dinner had disappeared.

Bob was very contrite as he explained that two of the boys who lived out of town wanted to stay to the ball game, so he had brought them home with him for lunch, only to find, to his disgust, that the house was deserted, so they had to lunch, picnic-fashion, the best they could.

"Pretty good fashion, I should say," added Ruth, her feelings still somewhat ruffled.

"But Ruthie, I'm truly, awfully sorry, and I'll do anything you say to make up. I'm sure Miss Stanhope will admire your pluck when she finds out about it. Only next time you expect company to dinner don't desert the house, and leave me to get my own lunch."

The very next afternoon Ruth received the following note:

"My dear Ruth:—

A note from your brother came to me this morning, in which he explained your trials of yesterday afternoon. I may as well be frank and say that I thought the meal rather more of an elaborate luncheon than a dinner, but laid it to your inexperience, as I had considered you somewhat averse to anything pertaining to domestic knowledge. To be very plain this has troubled me not a little as I am old-fashioned enough to desire a domestic wife for Billy, and because I feared you were not inclined that way, I have not been as cordial to you as I otherwise would have been. You have not only proven that you are interested in domestic affairs, but that you can rise above an emergency. I beg forgiveness for my coldness, which I fear you must have felt. Can't you dine with us to-night, and let us get better acquainted? Dinner at six o'clock.

Sincerely yours,

Sarah M. Stanhope."

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JANET MCKENZIE HILL, Editor

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Reform

By Stokely S. Fisher

Long evil vaunts itself, till outraged time

Of God demands a champion; then a Hand

In answer smites, upheaving o'er the land,

Resistless, climbing surge on surge sublime,

The earth-shocked, sudden sea; and gold-

crowned crime

Is overwhelmed, its throne dissolved like

sand;

Uncovered is the rock whereon must stand

The State sure-founded, flushed of rotting

grime,—

The letters of the pillared law washed clean!

To higher hope, as spirit-vision clears,

The world aspires; to new thought forms

new life;

Substance hope silhouettes all nearer seen,

Toward happy goals that wait beyond the

years

Men climb with surer feet, by nobler

strife!

A man's own good breeding is the best security against other people's ill manners.—*Lord Chesterfield*.

UNANSWERED REQUESTS

LIKE other publishers, we are in receipt of letters that can not be answered, of complaints that can not be attended to. We are positive that many people think ill of us and that our business is thereby injured, because we are unable to respond to their requests. People say, "I have written you three times about a matter and no attention has been paid to my letters." This is unfair, for in more ways than one it is of advantage to us to answer all correspondence promptly. There are a hundred and one causes or reasons for failures of attention to correspondence. No address being given is a chief cause; illegible writing is another; partial address or unreported change in address is still another.

On this subject an advertising manager of a large manufacturing company says, "We estimate that there are ten thousand people in this country who are confident that we have not dealt fairly with them. In other words, we know of ten thousand people who think ill of us, and indirectly ill of the magazine which carries our advertisement that brought no response to their inquiry. In as many as three or four letters from the same people no city address has been given and our letters to these people have been returned, stamped, 'Not in Directory.'"

Now, publishers are not infallible, but they are not always in fault. Consider the conditions that send some fourteen million pieces of mail matter annually to the Deal Letter Office at Washington. Remember that a business letter should be plainly written, signed, sealed and addressed in full, complete even to dots and commas; take a little pains here, and you may feel confident that Uncle Sam will deliver the message at its proper destination and a prompt response may be expected.

A well-expressed, typewritten letter is before us, which reads thus "Kindly discontinue my subscription to the Boston

COOKING-SCHOOL MAGAZINE, which expired January, '12."

Signed, M—S—S—.

There is no possible way to identify the writer of this letter except by an attempt to examine our entire list of subscribers. From the standpoint of business integrity, good will of patrons, as well as of profit and loss, it is for our interests to respond with equal promptness to letters that request us to "Kindly discontinue" or "Kindly continue" a subscription to this magazine.

THE HOUSEKEEPING ALLOWANCE

IN families supported by a fixed income, it is a growing custom to set a definite allowance for housekeeping purposes. It is in fact the only business-like way to conduct household affairs. The few objections raised against it are very trivial in nature. There is the class of selfish husbands who do not want to "tie themselves down" to a certain figure, lest it should interfere with their own pleasures or personal luxuries. There is also the class of unthinking wives who would be "bothered" by accounts, or "hampered" by any limitations. Such objectors invariably claim that by reasonable care the non-allowance method is just as economical in the end. Perhaps it is with a few exceptional people. But the most of us are only human, and are prone to yield to the temptations of extravagance, now and then. The allowance system is a sure preventive against continued extravagance. We are brought up with a round turn at the end of a week or month. Consequently we learn how to counterbalance the extras of one week by the prudence of the next, while those who depend upon their judgment are apt to forget all about last week's expenses. So, too, we who have an allowance, look ahead and save up for emergencies and great occasions, while the unsystematic housekeepers, taking no thought for the

morrow, makes no provision for the future.

To learn the true value of money is one of the most practical lessons of life. It trains the judgment and stimulates the powers of invention and observation. Reasonable economy does not, by any means, imply frugality or self-denial. It means skilful cooking and wise methods in buying.

KNOWING HOW TO BUY

AND it is surprising how much the purchasing value of an allowance depends upon knowing how to buy. The "canny" may supply a table for four with the same sum another would use for two, and yet feed them equally well. It all turns upon experience and prudence in shopping. The economical housekeeper keeps her eye open for special sales. She knows the right cuts to buy and the right seasons to buy in. She figures closely upon the discount made on large quantities. She watches the fluctuations in market prices, and avoids inflated values. By comparing the method of different dealers she learns the reliable places where the prices are first to drop, and those where the drop is latest. She studies the quality of brands in canned goods, pickles, cereals, and so on, to discover those representing the best value. In putting up her own preserves she chooses that moment at the height of the season when the fruit is cheapest and best. She finds out what articles are most wisely bought in bulk instead of in packages, (looking out for cleanliness of course). Certain kinds of crackers and some sorts of pickles, salt fish, coffee, tea, raisins, etc., are, in some cases, considerably cheaper in bulk. The saved pennies count up rapidly in the course of many purchases, and the careful buyer is rewarded by a surplus for other purposes.

Those of us whose incomes relieve us from the smaller economies still have ample scope, in other directions, for learning how to buy. Wealth does not justify unwisdom in the use of money. Rather

it puts a larger responsibility upon the possessor to spend it in the channels where it will produce best results.

E. M. H.

MODERN EDUCATION

FIFTY years ago the college graduate aspired to enter some profession or calling entirely apart from manual labor. The ideal was set before him to rise above manual work and do something of greater import in life; and the fact is that for the most part he won out and was able, as teacher, preacher, lawyer, etc., to enter upon intellectual pursuits. Places seemed to be waiting for the college graduate. But now times have greatly changed. The country has grown rich and the number of young men and young women that graduate annually from our colleges is simply immense. There are no longer professional places and offices enough to go round. Graduates, in scores, are forced to take positions in shop and mill and department store at eight or ten dollars a week, the smallest living wage. In other words, the young man with higher education must begin right where he would have begun had he never seen a college hall, or "rooted" at a football game.

This is not right; the transition from our schools and colleges to business life produces too much of a jog. There is a call for reform. Our educational system, from the kindergarten to the university, needs remodeling. And already strong protests are being made against the educational methods now in vogue. The main charge is that our present system is too cut-and-dried, too authoritative.

According to *Current Literature*, from which we are quoting, a superintendent of schools in a large city says:

"If the American schools of the past have developed on the democratic theory that all children are equal, they will develop in the future in the knowledge of the fact that all children are different. If the schools in the past made a des-

perate effort to make all children alike they will make as great an effort in the future to make all children different."

The following rather striking definition of education is from a Spanish schoolmaster's essay:

"All the value of education rests in respect for the physical, intellectual and moral will of a child. Just as in science no demonstration is possible save by facts, just so there is no real education save that which is exempt from all dogmatism, which leaves to the child itself the direction of its effort, and confines itself to the seconding of that effort. Now there is nothing easier than to alter this purpose, and nothing harder than to respect it. Education is always imposing, violating, constraining; the real educator is he who can best protect the child against his (the teacher's) own ideas, his peculiar whims; who can best appeal to the child's own energies."

This definition is reinforced by the head of a "modern school" recently established in New York, as follows:

"All rational teaching must be based upon the idea inherent in the derivative meaning of the word 'education.' To lead out from, *not* to press into; not to impress your ideas upon your pupils but to draw out their ideas; not to impose your character upon those of your pupils but to develop their characters—these conceptions, I take it, constitute what the word education denotes and connotes; and these conceptions, I know, must underlie all endeavors to achieve a radical reform of those arbitrary systems which are today dignified by the term education.

Thus it would seem, our educators, the makers of our school systems, have something to think of and something to do. Evidently the object of all education is preparation for the real work and duties of life. The graduates of our schools and colleges should be qualified to fit in somewhere to the mechanism of modern life. And that, too, immediately and with as little friction as possible.



Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Easter Hors D'oeuvre

CUT out rounds of flaky or puff-paste about an inch and a half in diameter. Set them on a baking sheet; with a pastry tube, one-fourth an inch wide at narrow opening, pipe an edge of chou paste, made with cheese, on the rounds of paste. Bake until well colored. Brush over the outside with a little dissolved meat glaze and sprinkle the edges with chopped pistachio nuts. Let chill, when the particles of nut will be held in place. For each nest prepare three egg-shapes of highly-seasoned lobster paste. Dispose these in the nests, fleck with paprika and let chill before serving. The crusts are eaten with the eggs. For the paste or butter, pound a cup of lobster meat to a smooth paste, adding a little butter meanwhile, if needed; also, if available, dried coral,

sifted. Press the whole through a sieve; add salt, paprika and mustard to taste; then gradually beat into half a cup of butter, beaten to a cream. Shape with butter "hands" or with two coffee spoons as is convenient. Let chill partially, then finish shaping and chill thoroughly.

Cream of Asparagus Soup

Cut the tips (an inch in length) from a package of asparagus. Cook these in salted, boiling water to cover until just tender. Skim from the water and reserve to serve in the soup plates. Cook the rest of the bunch of asparagus, two thick slices of onion with a clove in each, six slices of carrot and two branches of parsley in a quart of white stock (chicken or veal) until the asparagus is tender; take out the onion and carrot and press the asparagus through a sieve. Use a pestle and a gravy strainer with

the part of a double boiler into which the strainer fits. Make a white sauce of one-fourth a cup, each, of butter and flour, half a teaspoonful, each, of salt and black pepper and three cups of milk. When ready to serve add the asparagus mixture and one cup of cream. Stir while making very hot, but do not let boil. Add the asparagus tips to the plates when serving.

Baked Bluefish or Shad

Cut the cleaned fish into pieces for serving. The backbone is often removed before the fish is cut into pieces. Chop fine one small Bermuda onion and sprinkle over a buttered agate pan; set the pieces of fish on the onion; add a few spoonfuls of fish stock and salt and pepper and cover with a buttered paper.

one-fourth a pound of mushrooms, chopped fine, (six small mushrooms) and cook and stir until the moisture from the mushrooms has evaporated; add half a cup of white wine and let reduce one-fourth; remove the garlic, add one teaspoonful of chopped parsley, one cup of brown sauce, one cup of veal broth, one-fourth a cup of tomato purée and salt and pepper as needed. Let boil once.

Finnan Haddie à la Delmonico

Put a plump finnan haddie over the fire, skin side up, in cold water to cover; let heat gradually to just below the boiling point. After twenty minutes, remove, wipe dry and separate into flakes, discarding skin and bones. Melt a tablespoonful of butter in the blazer of a chafing dish, add the prepared fish with



BREADED LAMB CHOPS, BAKED

The paper should rest on the sides of the pan. Let cook about twelve minutes, basting three times. Dispose the fish on a serving dish; strain the liquid in the pan into a cup and a half of Italian sauce and pour this over the fish. Pipe rosettes of mashed potato around the fish and serve at once.

Italian Sauce

Cook a small onion, chopped fine, in two tablespoonfuls of clarified butter; when tender add one-third a clove of garlic, crushed; stir two minutes, add

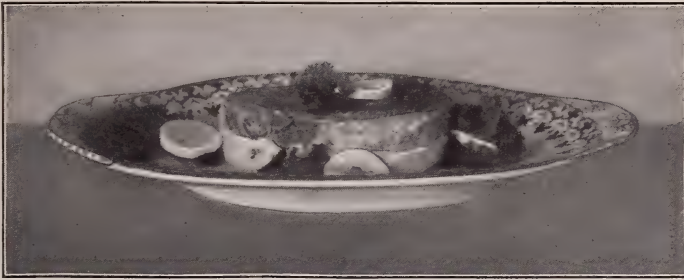
a dash of paprika and stir and turn, over and over, until the butter is absorbed; add thin cream to the height of the fish; set over the hot water pan and when very hot stir in the beaten yolks of two or three eggs, mixed with half a cup of cream; add salt if needed; stir constantly until the egg is set, then serve at once.

Breaded Lamb Chops, Baked

Wipe the chops very carefully, to remove bits of bone that may be present. Dip in soft bread crumbs (sifted), then in an egg, beaten and diluted with one-

fourth a cup of milk or water, and then in bread crumbs, seasoned with salt and pepper. Dispose on a buttered baking

no waste. Serve with hot scalloped or creamed potatoes and Philadelphia Relish.



HEART OF HAM, WITH SLICES OF EGG

sheet. Bake from fifteen to twenty minutes. Serve around a mound of cooked peas, seasoned with salt, black pepper and butter. Serve with Wargrave sauce in a boat.

Wargrave Sauce

To one cup and a half of brown sauce add a dessert spoonful of red currant jelly, Harvey's sauce, mushroom ketchup and tomato purée. Also a rounding tablespoonful, each, of gherkins, mushrooms, ham, and tongue, cut in Julienne shreds.

Heart of Ham, with Slices of Egg

The center of a choice ham may be found put up in cans. The shape is at-

Stewed Chicken, Cadillac Style

Cut a well-cleaned chicken into pieces at the joints, cover with hot veal broth, let boil six minutes, then let simmer till tender. Blanch half a cup of rice, two dozen balls, cut from pared potatoes, and a dozen small onions; cook each separately until nearly done, drain and add to the chicken with a can of small stringless beans, rinsed in boiling water. Let simmer about ten minutes, when all should be done. Prepare about a dozen and a half of small baking powder biscuit. Turn the chicken, etc., on a large platter and surround with the hot biscuit.

Fillets of Beef, with Mushrooms

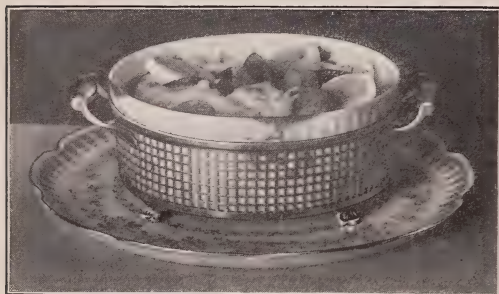


FILLETS OF BEEF, WITH MUSHROOMS

tractive. The meat is in one solid piece and, thoroughly chilled, may be cut with a thin sharp knife into thin even slices without crumbling. There is absolutely

Cut transverse slices from a fillet of beef a generous half inch thick. Trim and skewer (wooden toothpicks) these into rounds of the same size. Broil or

sauté, four minutes on each side, in a little clarified butter. Dispose on rounds of hot toast. Have ready one or two



EGGS AND ONIONS IN CREAM SAUCE

cooked mushrooms, for each service, and about three cups of green-pea purée. Pipe the purée into the center of a hot serving dish, set the beef on the rounds of toast around the purée, and the mushrooms on the beef. Pour a garnished half-glaze sauce over the whole and serve at once. To cook the mushrooms, wipe with a damp cloth, discarding the stems and peelings. Let cook in a tablespoonful of butter in a frying pan about five minutes on each side; sprinkle lightly with salt, add three tablespoonfuls of sherry, and shake for several minutes.

Garnished Half-Glaze Sauce

Chop fine the peelings and stems of the mushrooms with one shallot or a slice of Bermuda onion; cook in a tablespoon-

add a cup of brown sauce and half a cup of meat glaze made from veal stock, much reduced by cooking. Season as needed with salt and pepper and finish with four olives, cut in thin, lengthwise slices.

Eggs and Onions in Cream Sauce (Oeufs à la mode de Caen)

Cook four small onions in boiling water until tender, adding salt when about half cooked. At this season, Bermuda onions are particularly good for this dish. Cut the onions into three slices, each, or if this prove troublesome, into quarters, as you would an apple. Cover four fresh eggs with boiling water, and let stand without boiling half an hour; remove to cold water, shell and cut in slices or quarters. Prepare one cup and a half of cream sauce, using three level tablespoonfuls, each, of butter and flour, scant half a teaspoonful, each, of salt and paprika and one cup and a half of thin cream. Put the sauce and eggs, with onions, into a serving dish, in alternate layers. Cover and let stand in the oven until hot throughout. Serve as the main dish at luncheon or supper.

Eggs Baked in Potato Nests

For each nest allow a potato of medium size. Pare the potatoes, let stand some hours in cold water, drain and set to cook in boiling salted water. When



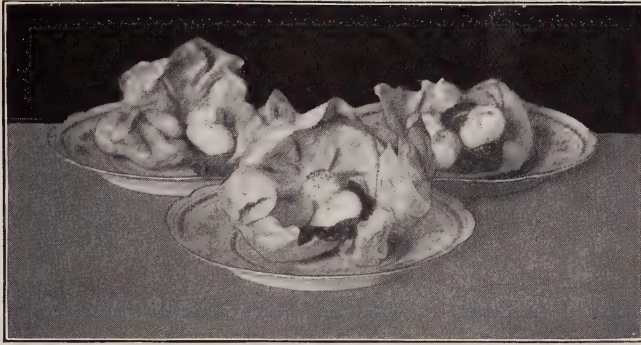
EGGS BAKED IN POTATO NESTS

ful of butter, stirring constantly, about five minutes; add one-fourth a cup of Sauterne, let reduce till nearly dry, then

tender, drain and mash. Add salt, hot milk, one or two teaspoonfuls of butter and beat until very white and fluffy. On

a buttered baking sheet form thin, small rounds of potato (the potato may be spread on rounds of waxed paper as an

blazer, add half an onion cut in slices and one-fourth a clove of garlic, crushed a little, and cook until browned a little; add

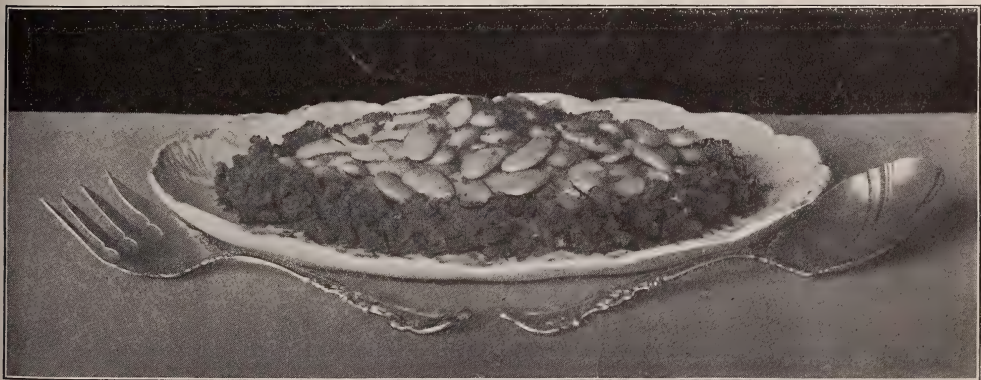


EASTER SALAD

easy means of handling the nests); on these rounds pipe potato to make nests deep enough to hold an egg, broken into them. Sprinkle the inside of the nests quite generously with fine-chopped, cooked ham, then break in the eggs. Beat the yolk of an egg; add a tablespoonful or more of milk and use to brush over the edges of potato. Set the baking sheet into the oven to cook the eggs and brown the edges of the potato. A tablespoonful of Bechamel or brown sauce may be poured over the egg before serving.

three tablespoonfuls of flour, and cook until frothy; add one cup and a fourth of consommé or brown stock and stir until boiling; strain into the hot water pan, and add a teaspoonful of chooped parsley and a can of green turtle meat, cut in small cubes. Let become very hot, then add one-fourth a cup of sherry or Madeira and serve at once. Slices of one or two hard-cooked eggs may be added with the turtle meat, to increase the volume of the dish.

Easter Salad



LIMA BEAN SALAD

Green Turtle Ragout

Put a tablespoonful of butter in the

Cut pimentos in lengthwise shreds, and shape in nests on lettuce hearts. In each nest dispose three eggs, formed of cream

or Neuchatel cheese. Pour over a plain French dressing, fleck the eggs with paprika and serve at once.

four or five cooked asparagus tips. Dispose on heart leaves of lettuce. Cut the centers of the tomato slices into cubes



"1912 SALAD"

Lima Bean Salad

Over a pint of cold cooked Lima beans pour three or four tablespoonfuls of olive oil, two tablespoonfuls of cider vinegar, one teaspoonful of grated onion pulp, half a teaspoonful of salt, and half a teaspoonful of paprika. Toss and mix; dispose on a serving dish, surrounded with a "pin-money mangoe," chopped fine. Serve at once or let stand in a cool place for some time before serving.

"1912 Salad"

Select smooth, firm tomatoes; peel

and dispose these with several olives and cooked chestnuts, cut in slices, at one side. Shake half a cup of olive oil, the juice of half a lemon, the juice of half an orange, a teaspoonful of grated onion pulp, one-fourth a teaspoonful, each, of salt and paprika, one teaspoonful of Worcestershire sauce, one-fourth a teaspoonful of mustard and three sprigs of parsley, chopped fine, until thick and creamy; pour over six or seven portions and serve at once.

Rhubarb Cooked with Sultana Raisins



RHUBARB COOKED WITH SULTANA RAISINS

and cut into half-inch slices, stamp out a round from the center of each and insert

Pick the stems from three-fourths a cup of Sultana raisins. Add boiling

water, drain on a sieve, then add boiling water to cover and let cook until tender. Cut two pounds of rhubarb in half-inch

to dry out the meringue without browning it. Soon after the tarts come from the oven, spread a teaspoonful of cur-



FRENCH PEACH TARTS

pieces. Put these into a white-lined dish, in layers, with the raisins and sugar. Use in all two cups of sugar. Let cook very slowly until tender but not broken. Serve cold.

French Peach Tarts

Bake flaky pastry on the outside of fluted patty pans. Prick all over with a fork before baking. Remove from the tins. Set a choice half peach (canned or preserved) into each shell, pour in a little syrup and cover with meringue, letting the meringue and paste meet smoothly. Brush the edge of the paste with white of egg and roll in chopped

almonds before setting the halves of peaches in place. Set into a slow oven, thicken slightly on a cold dish. Store as

Amber Marmalade

Take one, each, large grapefruit, orange and lemon, wash and wipe dry and cut in quarters; cut the quarters through peel and pulp into very thin slices, discarding seeds. Add three quarts and one pint of cold water and let stand over night. Cook until the peel is very tender. It will take several hours. Again set aside over night. Add ten cups (five pounds) of sugar and let cook, stirring occasionally, until the syrup



AMBER MARMALADE

almonds before setting the halves of peaches in place. Set into a slow oven,

thickens slightly on a cold dish. Store as jelly.

Baba, with Apricots and Meringue

Take two cups of flour, four eggs, half

cots from a can. Have the syrup from the can reduced, with a cup of sugar, by boiling to a thick syrup and pour this,



BABA, WITH APRICOTS AND MERINGUE

a cup of butter, half a teaspoonful of salt, one cake of compressed yeast and one-fourth a cup of water. Mix the yeast through the water thoroughly, stir in flour to make a dough, knead into a ball, cut at right angles across the top half way through the ball, and set in a saucepan of lukewarm water. Beat the rest of the flour, the salt, the butter and two of the eggs until smooth; add the other two eggs, one at a time, and beat until smooth; add the light ball of sponge and again beat until smooth. Turn into a fluted, oval pan. When nearly doubled in bulk bake about half an hour. Remove the center from the baba, to leave a thin case. Into the case put the apri-

hot, over the apricots in the baba. Pipe meringue above. Dredge with granulated sugar. Set into a moderate oven for twelve minutes to dry out the meringue, then increase the heat to color slightly. Serve hot. Meringue: whites of two eggs and a fourth cup of sugar.

Baked Apples

Remove the cores from well-flavored apples. Set them in an agate dish, pour in one-fourth a cup of boiling water and let bake until tender. Dispose on a hot serving dish. Sift powdered sugar over the tops of the apples. Set a candied cherry at the open space. Serve hot, with a pitcher of cream.



BAKED APPLES

Menus for Easter Weddings

Wedding Breakfasts

I

Fruit Cocktail
Oysters Scaloped in Shells
Cucumbers, French Dressing
(Minute Pearl Onions)
Breaded Lamb Chops, Baked
Peas
"1912 Salad"
Bride's Loaf
Frozen Pudding
Coffee

II

Chicken-and-Clam Broth,
Whipped Cream
Sweetbreads and Fresh Mushrooms in
Timbale Cases
Noisettes of Beef Tenderloin,
Bernaise Sauce
"1912 Salad"
Assorted Cake
Strawberry Ice Cream
Coffee

III

Bouillon
Lobster Cutlets, Sauce Tartare
Rolls
Glazed Sweetbreads, with Peas
Egg-and-Endive Salad
Golden Parfait
Bride's Cake
Candied Grapefruit Peel, Salted Nuts
Coffee

Evening Weddings

Buffet Service

I

Chicken Croquettes, Peas
Lobster or Salmon Salad
Bread-and-Butter Sandwiches
Rolls Stuffed with Chicken Salad
Buttered Rolls
Coffee
Frozen Pudding
Orange Sherbet
Assorted Cakes

II

Bouillon
Hot Salmon, Bechamel, in Paper Cases
Lobster Patties
Chicken Salad
Bread-and-Butter Sandwiches
Small Lady Finger Rolls and Bread Sticks
Coffee
Frozen Apricots
Sultana Roll, Strawberry Sauce

III

Chicken Salad
Buttered Rolls
Coffee
Strawberry Ice Cream
Bride's Cake

IV

Macaroons
Meringues
Sponge Cake
Strawberry Ice Cream
Fruit Punch

Menus for a Week in April

In fish we have—"the choice from ice-cold to tropical waters, the range from the Atlantic to the Pacific—with oysters unequalled in delicacy and cheapness."—Elwanger.

SUNDAY

Breakfast
Finnan Haddie Delmonico, Radishes
White Hashed Potatoes
Baking Powder Biscuit, Coffee

Dinner
Cream of Tomato Soup
Breaded Lamb Chops, Baked
D'Uxelles Sauce, Peas
Mashed Potatoes, Browned
Lettuce, French Dressing
Baba, with Apricots, reheated
Coffee

Supper
Mayonnaise of Eggs and Lettuce
Baking Powder Biscuit, Toasted
Sponge Cake, with Potato Flour
Hot Baked Apples
Tea

Breakfast
Broiled Bacon
French Omelet
Creamed Potatoes
German Coffee Cake
Amber Marmalade, Coffee Cocoa

Dinner
Stuffed Breast of Veal, Pöeled
Brown Sauce
Mashed Potatoes
Scalloped Tomatoes
Custard Renversé
Oatmeal Macaroons
Half Cups of Coffee

Supper
Creamed Toast with Grated Cheese
Stewed Apricots (dried)
Chocolate Cake, Tea

WEDNESDAY

MONDAY

Breakfast
Cereal, Thin Cream
Corned Beef Hash
(With Chili or green pepper)
Eggs Cooked in Shell
Dry Toast
Coffee Cocoa

Dinner
Fore quarter of Lamb, Boiled
Spinach Potatoes Turnips
Sliced Oranges
Vanilla Wafers, Coffee

Supper
Clam, Fish or Kornlet Chowder
Crackers
Cold Spinach, French Dressing
Hot Gingerbread, Tea

Breakfast
Cold Boiled Ham, Sliced Thin
Mashed Potato Cakes, Fried
Yeast Doughnuts, Coffee Cocoa

Dinner
Stewed Chicken, Sautéd
Boiled Rice, Chicken Gravy
Baking Powder Biscuit
Sweet-Pickle Jelly or Lettuce,
French Dressing
French Apple Tarts, Half Cups of Coffee

Supper
Eggs, Baked in Potato Nests
(with chopped ham)
Yeast Rolls
Rhubarb Cooked with Sultana Raisins
Tea

THURSDAY

TUESDAY

Breakfast
Hashed Lamb on Toast
Fried Mush, Maple Syrup
Stewed Prunes
Coffee Cocoa

Dinner
Haddock, Bread Dressing, Baked
Caper Sauce
Mashed Potatoes Dandelion Salad
Rhubarb Pie
Coffee

Supper
Lamb-and-Tomato Soup
Croutons
Dried and Smoked Beef
Rye Meal Muffins
Stewed Peaches
Tea

Breakfast
Cereal, Prepared Dates, Thin Cream
Kornlet Omelet
Yeast Rolls (reheated)
Coffee Cocoa

Dinner
Hot Canned Salmon, Drawn Butter Sauce
Or Baked Blue Fish, Italian Sauce
Plain Boiled or Mashed Potatoes
Cucumber or Radish Salad
Orange Sherbet
Crackers Cheese
Half Cups of Coffee

Supper
Eggs à la mode de Caen
Buttered Toast
Lima Bean Salad
Tea

FRIDAY

SATURDAY

Breakfast
Fresh Fish Cakes (sautéd)
Corn Meal Muffins
Radishes
Coffee Cocoa

Dinner
Corned Beef, Boiled
Boiled Potatoes
Buttered Parsnips
Canned Beets
Squash Pie Coffee

Supper
Succotash
Squash Biscuit
Maple Syrup
Tea



The Ethics of Gastronomy and Dietetics

By Janet M. Hill

"The ethics of gastronomy are as marked as those of society, and the arrangement of a bill of fare calls for as much finesse as do the functions of a chaperon.—Elwanger."

PROPER food combinations for a meal is a matter that cannot be decided upon arbitrarily, and fashion has much less to do with the selection than one would imagine. There is always a reason why certain dishes are universally served together; we should endeavor to work out the principles underlying such combinations, and then we shall have the courage to invent others and know when a bill of fare is open to criticism.

The first law in food combinations is physiological necessity. The meal is to be made *complete*. That is, the five food principles—proteid, carbohydrate, mineral matter, fat and water are to be found in suitable proportion in the various dishes.

The second law has to do with the harmonious selection of the five food principles. Compounds that quarrel, one with another, must not be put together. As, for instance: Bread and butter, sliced tomatoes and a glass of milk represent a very fair grouping of the five food principles, but a combination far from hygienic. Cream-of-Tomato soup, with bread and butter, or croutons, give a combination which no one would find occasion to criticise. In the first instance, the chemical change produced in the stomach by a com-

bination of raw tomatoes and milk, would make the milk difficult of digestion. In the second instance, the chemical change takes place outside of the stomach and the smooth white sauce, flavored with tomato purée, offers no inconvenience to the digestive organs.

The third law is aesthetical and a result of cultivation. Those who have given critical attention to the combination of flavors in food have discovered those that are most pleasing, either by way of harmony or contrast. Often, we ourselves stumble, as it were, upon what seems a happy choice in flavors—a real discovery—only to find that this combination has received the approbation of epicures from remote times. Nor is our pleasure much diminished by the fact that we are not the original discoverers of the combination, for it is certainly most gratifying to find ourselves, by our own intuition, in accord with "the elect" in gastronomic circles.

Certain combinations of flavors are a matter of national rather than of individual taste, as sour-sweet sauces or compotes are relished, with meat, by the Germans—and slices of live peppers, green or red, in all varieties of salads, by the Spaniards.

From a physiological point of view, a cream soup, a purée of vegetable, fish or chicken, or a chowder would not be served at dinner, when a sub-

stantial dish usually follows the soup. Consommé or a simple broth, possessing chiefly stimulating properties, is classed as a dinner soup, while hearty, satisfying soups are given place at luncheon or supper. Often these latter soups, with bread, suffice for the meal.

Also, if the main dish of a meal be rich in proteid principle—as when a roast of beef, mutton or fowl has been presented, there should not be a superabundance of this principle in the dishes of the sweet course. Certainly rich custard, mince pie or plum pudding are not what is needed. A slice of pineapple, raw or cooked, (the raw contains a principle that digests proteid) a fruit sherbet, fruit sponge or stewed figs, would be preferable.

Variety is also to be considered when planning a bill of fare. Do not present the same article twice, though the form be different. Do not provide tomato soup and tomato salad, or chicken soup and chicken croquettes for the same meal. Roast leg of lamb should not be selected to follow lamb broth, with barley or rice, even if the broth be given the color and name of tomato.

At a luncheon, a cream soup of corn, celery, spinach or green peas may be followed by an entrée of fish or meat, or by an egg or cheese dish, but a cream sauce should be avoided, either as the foundation or the garnish of the entrée, as it is the basis of the soup. So, also, avoid serving creamed potatoes, turnips or cabbage with creamed fish, chicken, etc. Creamed potatoes are in place with steak, chops, omelet, though scalloped, baked or fried potatoes are just as appropriate with these dishes.

Macaroni or rice, prepared without cheese, may take the place of potato or bread as a delutant of meat. Macaroni, with cheese and tomato, provides a complete meal. The cheese supplies proteid, the macaroni carbohydrate, and the cheese and tomato,

flavor. Fat is usually added in the form of butter, though some fat is found in the cheese. A dish of macaroni, with cheese and tomatoes, is often served with roast beef or lamb; the flavors combine well, but for physiological reasons the quantity of each dish, eaten, should be small.

With rich and oily dishes we crave green vegetables and acid to break up or emulsify the fat; thus lettuce endive, cress or celery, with simple French dressing, are provided with or just after the roast. Salads with rich mayonnaise dressing are relegated to banquet, supper or luncheon, when with bread in some form they become the principal dish of the meal. White-meated game, as partridge and the breast of young chickens, is proverbially deficient in fat, thus when this appears on the dinner menu the salad, endive and romaine, is often dressed with mayonnaise and shreds of red pepper are added. With red-meated game (with more fat) a tart fruit is added to the green vegetable, to increase the acidity of the salad.

For the same reason tart apple, cranberry or gooseberry sauce is given with rich roasts of pork, poultry and beef. The acid helps emulsify the fat and also acts as a solvent of the fibres.

For both physiological and æsthetical reasons a salad with Roquefort or cream cheese dressing, or a cheese and lettuce salad, should not be served with meat or fish. Such salads call for nothing but crackers, preferably hot (toasted), or bread in some form, to be followed by nothing save coffee. Such salads are suitable in place of dessert, or as the main item at luncheon.

Elwanger says: "The salad belongs to the roast, and it should not be called upon to perform the service of a separate bridge between this and the sweets. The mission of the salad is to correct the too liberal ingestion of rich and fatty substances, to stimulate and divert the taste and to promote stomachic harmony."

Serve, then, with the roast one starchy

vegetable and a green salad. If other choice vegetables are in season, serve one as an entrée in a course by itself.

We crave acid with fish, but all fish are not rich; thus the poorer the fish in this particular, the richer the sauce to be served with it; fish, also, in comparison with meat, contains but few fibres, thus, except with certain shell fish, notably tough, the use of acid in this connection may be largely one of taste. Who thinks of fish in connection with sweets? If the principal dish of the meal be fish, do not add substance to the bill of fare by means of puddings with sweet, cloying sauces, cake with heavy frosting or ice cream with chocolate sauce; cauliflower or onions in cream sauce might accompany the fish, while cheese, toasted

crackers and coffee would appropriately end the meal.

At most dinners of many courses, as most assuredly at a dinner in which roast pork or goose is the chief dish, a fruit sherbet is preferable to a rich ice-cream, and most assuredly every ice-cream of good texture and character is rich.

Baked beans with pork represent quite a complete meal. Bread, in some form, and a little acid, to soften the fibre of the beans and emulsify the fat from the pork, are all that are needed to satisfy taste as well as physiological requirements. The acid is most satisfactorily presented in the dressing of a green vegetable salad. Tomatoes, cabbage, celery, cucumbers, or any variety of lettuce, with simple French dressing, meet the requirements.

The Modern Kitchen

By Laura Milburn Cobb

THE kitchen is the workshop of the house and, therefore, should be conveniently arranged, well lighted and furnished with everything necessary with which to do good work.

If the house is carefully planned and built by a competent builder, the kitchen in even a small cottage may be perfectly appointed, attractive and well adapted to its purpose, without being expensive.

Large kitchens used to be the rule, but the modern woman prefers a small kitchen planned to save as many steps as possible.

The kitchen should be well ventilated. In the popular square house the windows can be so placed as to have perfect ventilation from two sides. The light from the windows should fall, where most needed, upon stove and table. The sink is usually placed between two windows.

The artificial light, whether gas,

electric light or coal-oil lamps, should be so placed as to throw a good light upon the stove; a hanging light in the centre of the room is usually the best arrangement.

A hot-air register, hot-water pipes or some other means with which to heat the room should be provided, so that the kitchen may be at a comfortable temperature at all times independent of the cooking stove.

A hardwood floor is the best for the kitchen, but a good quality of linoleum forms a very satisfactory substitute. Linoleum is a warm floor covering in winter, cool in summer, elastic to walk on and is very easy to keep clean. Small rugs in front of stove, sink and table lessen the wear on the floor at these places.

The ceiling and walls should be painted and varnished, and by being frequently renewed, the kitchen may be kept looking always fresh and clean

at a slight expense.

Soft yellows and greens are the colors usually chosen for this room. There are also excellent glazed papers sold especially for use in kitchens.

The housekeeper should select a first-class modern coal or gas range, buying from a reliable firm who will set it up properly and make the repairs that may be needed in time to come.

A sheet iron hood over the stove is a great aid in carrying away odors and smoke, and it, also, protects the ceiling above it.

Every housewife should insist upon having a porcelain sink with drain-board, hot and cold water, and open plumbing, and see that the sink is placed at the proper height from the floor.

Built-in cupboards are very convenient and take up little room. It is desirable to have doors of glass or wood to protect the contents from dust. Glass doors cost but little more than wooden ones, and give an air of neatness to the room. Kitchen cabinets can now be purchased that are marvels of compactness and convenience and minimize the necessity for large cupboards and pantries.

A good refrigerator is an absolute necessity. If taken care of properly it will last many years. It should stand in a corner as far from the stove as possible. A hole should be cut in the outside wall and a small piece of pipe placed to carry off the waste water from the refrigerator. There is, then, no heavy pan of water for the cook to empty twice a day, and no disastrous results, if it is forgotten. It is often possible to have a small window over the refrigerator and thus have ice put in from the outside and save the kitchen from being tracked up by the iceman.

If there is a pantry, it should open off the kitchen near the dining room, and the refrigerator can then be placed

in the pantry.

If there is no pantry and the cellar is used as a storeroom, the staircase should open directly from the kitchen, and the stairs be made as easy as possible.

Swinging doors should be placed between kitchen and pantry and pantry and dining room.

Good screens should be provided for the windows and the outside door, and this latter should also have a screened transom above it for ventilation.

The outside kitchen door is in constant use and should open on a porch. An enclosed porch protects the kitchen from draughts in winter and affords a place for the cook to rest in during summer days. Better still, when the entire porch is screened, few flies can find their way into the house.

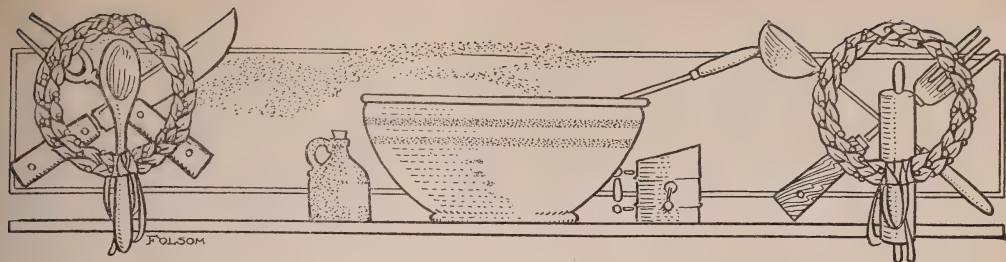
It is a great convenience to have two chairs in the kitchen; one a high chair in which to sit while one is ironing or washing dishes, the other a low comfortable chair in which to sit and prepare vegetables.

If tables are used, they should be selected with reference to the space they are to occupy and the height should be suited to the convenience of the cook.

Receptacles in which articles are to be stored, and utensils for cooking should be carefully selected as to size and number. The housewife should have as many as she needs but no more. There is no use in having a cumbersome lot of vessels taking up valuable space and requiring to be washed and handled unnecessarily.

The cooking utensils should be of aluminum or granite ware of good quality, that they may be kept scrupulously clean and in sanitary order.

White curtains at the windows, a growing plant or two, a cheerful, ticking clock, and a sunny-faced cook complete the picture of the modern kitchen, the very core and centre of Home, Sweet Home.



Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

Lesson XIX

Baking Powder Mixtures. 1

AS we have already seen, yeast bread requires for its entire preparation at least four or five hours; so that, under some circumstances, it is very convenient and even necessary to possess some other means for lightening bread stuffs. The housewife finds this in baking powder or in some of the substitutes for baking powder. By the use of some of these agents it is possible to prepare biscuit in about half an hour. Again, in some conditions of digestion, fermented yeast bread is less healthful than biscuit and muffins in which a mere chemical change has caused the lightening.

In using baking powder, we take up a substance which has been carefully prepared for us by the chemist, instead of something which, by the life and growth of a plant, furnishes gas to make the dough porous and digestible. The chemical reagents, when mixed under the proper conditions of heat and moisture, work with great rapidity, giving off the gas at once. This is, indeed, one of the disadvantages of the use of such chemical means of lightening. There is no action upon the flour, as there is in the case of the yeast, and one must work quickly that none of the gas be lost before the mixture is baked.

It is, perhaps, best to begin with a little study of baking powder itself, then go on to some of its substitutes. Some experiments will show us of what the

baking powder may be composed. First, examine carefully dry baking powder, dry cream of tartar and dry baking soda. The two latter may be tasted, as they are most certainly to be identified in that way. Notice that the cream of tartar is whiter, finer and smoother than the soda, which is more like salt.

Experiments with Baking Powder, Cream of Tartar and Baking Soda.

1. Examine and taste dry cream of tartar and dry soda.

2. Examine dry baking powder.

3. Mix one-half a teaspoonful of baking soda with one teaspoonful of cream of tartar. Let them remain dry and observe whether any change takes place in the mixture.

4. Add one-fourth a teaspoonful of baking soda to one-fourth a cup of vinegar. Observe the bubbling. How long does it last?

5. Repeat this experiment, using cream of tartar in place of baking soda. What difference do you observe?

6. Add to one-half a teaspoonful of baking soda, one-fourth a cup of cold water. What difference is there between the result in this and in experiment 4? Heat gently and observe the increase in the effervescence.

7. Repeat experiment 6, using cream of tartar in place of baking soda, and note the differences.

8. Repeat experiment 6, using a lump of washing soda in place of the baking

soda. What differences do you find?

9. Add to an intimate mixture of dry baking soda and cream of tartar one-fourth a cup of cold water.

10. Heat the bubbling mixture in experiment 9 and notice the increasing effervescence.

11. Examine the remaining solution, after all bubbling has ceased, and see whether it is clear or not.

12. Pour cold water upon baking powder and, after the bubbling has disappeared a little, heat and notice the change.

13. Examine the solution left in experiment 12. Test it with iodine. Test also the solution in experiment 11. What difference in consistency, both before and after heating, do you notice? Which contains some starchy substance?

14. Test the soda and cream of tartar solutions for starch. What is the disadvantage of the addition of starch?

Baking powder is usually composed of three substances: bicarbonate of soda, ("baking" or "cooking" soda), acid potassium tartrate (cream of tartar), and a little fine, starchy substance. This last is added to keep the other two ingredients dry and so to retain the strength of the baking powder, since the starch absorbs any chance moisture which may be in the air and, as we have seen by our experiments, so long as the two powders remain dry, they do not unite and, therefore, no gas is given off and lost. The bicarbonate of soda and acid potassium tartrate are weighed with great care by the manufacturer of the baking powder, so that neither shall be left over, "in excess," to give a disagreeable taste or color to the mixture, or to set up disturbances in the digestion. If the soda were in excess, it would cause an unpleasant yellow color, a very disagreeable taste and, by neutralizing the acid of the gastric juice, would be likely to make the process of digestion slow and difficult. The cream of tartar is less likely to be found in excess and is less harmful. The substance formed by the union of the baking

soda and cream of tartar is the same as Rochelle Salt. This is in the nature of an aperient and occurs in such small quantities that it is not likely to do much harm. The chemist mixes his baking powder in the proportion of eighty-four parts of baking soda, by weight, to one hundred and eighty-eight parts of cream of tartar, by weight. The housewife, who uses a mixture of the two, instead of a manufactured baking powder, should use a little more than one teaspoonful of cream of tartar to one-half a teaspoonful of baking soda.

Baking soda is an alkaline substance, as we have found by the taste. Testing with a piece of red litmus paper also shows this, as the litmus turns blue in any alkaline solution. (Try ammonia.) Baking soda is made by the addition of carbon dioxide gas to ordinary washing soda. By itself, without the addition of acid, it yields the gas, carbon dioxide, under conditions of heat and moisture; but, as we have already seen, it requires neutralizing by an acid in some form to obtain the best results.

Cream of tartar forms, in the shape of *argols*, on the bottom and sides of wine casks. It is a purple-brown color before it is purified and prepared for use as a pure white powder. The argols at the side of the casks are said to yield a better cream of tartar than those on the bottom. Cream of tartar dissolves much more readily in boiling water than in cold and, if pure, should dissolve at about the ratio of one teaspoonful of cream of tartar to one cup of boiling water. Any residue indicates the possible presence of some foreign substance. Cream of tartar is more likely to be adulterated than is soda, because it is a more expensive material.

Some packages containing soda are marked, also, *saleratus*. *Saleratus* will do the same work as soda, but it is less wholesome and far more costly, since it is a salt of potassium, which is a rarer metal than sodium. It is well to remember that the side marked *Soda* bears the

true label.

To illustrate the use of baking powder, the following dishes may be prepared:

Baking Powder Biscuit

1½ cups of flour	2 teaspoonfuls of butter
2 teaspoonfuls of baking powder	¾ a cup of milk, or milk and water
½ a teaspoonful of salt	

1. Sift together the dry ingredients.
2. Cut in the butter with a knife.
3. When the butter is well-blended, cut in the liquid until a smooth dough is formed.

4. Place on a floured board and roll, very lightly, with a rolling pin, until it is three-fourths of an inch in thickness. Cut out with a biscuit cutter and bake on a buttered tin or tin cookie sheet, in a hot oven, for twelve to fifteen minutes.

Entire Wheat Biscuit

1½ cups of entire wheat flour	½ a teaspoonful of salt
2 teaspoonfuls of baking powder	2 teaspoonfuls of sugar
1 tablespoonful of butter	¾ a cup of milk

Make by the directions given in the previous recipe. Why is more butter used in this recipe than in the previous one?

Short Cake

1½ cups of flour	½ a teaspoonful of salt
2 teaspoonfuls of baking powder	2 tablespoonfuls of butter
2 teaspoonfuls of sugar	¾ a cup of milk

Mix like the biscuit, but instead of rolling out and cutting like them, cut it into two pieces and shape these, by rolling, to fit a pan and each other. Butter the lower cake slightly, with softened butter, and lay the upper one upon it. Bake about twenty-five minutes, then split apart and spread sweetened fruit between and on top. Individual short cakes may be made by cutting with the biscuit cutter and baking in pairs, always having the lower one spread lightly with butter to insure the easy separation of the two parts. Many fresh fruits may be made into short cakes and in the win-

ter dried apricots make a delicious filling for them.

Fruit Rolls

Make and roll out the biscuit mixture; spread lightly with softened butter; sprinkle with cinnamon and sugar, using about two tablespoonfuls of sugar to one-fourth a teaspoonful of cinnamon. Spread with chopped apple, chopped dates or raisins, cut into pieces. Roll up and cut like a jelly-roll. Lay the slices, three-fourths of an inch thick, on a buttered pan, with the cut sides up. Bake about fifteen to twenty minutes. The entire wheat biscuit are very appetizing with fruit.

Dumplings may be made like the baking powder biscuit and cooked in a steamer over boiling water, then served with stew or with stewed fruit, such as blueberries or blackberries. They must be cooked twelve minutes without lifting the cover or in any way stopping the boiling.

Apple Cake

Make the short cake mixture, but add a little more liquid and, without rolling, place the very soft dough in a buttered pan. Press slices of apple, edge downward, into the top, in close, even rows. Sprinkle the top, with sugar and cinnamon, using the same proportions as in fruit rolls. Bake about twenty-five minutes, or until the apple is cooked and the cake not sticky. Serve with sugar and milk or cream, or with caramel sauce.

The baking powder doughs must be handled as little as possible, because the gluten of the flour becomes sticky and tough, if it is handled. In yeast bread the action of the yeast tends to correct this toughness, but the baking powder has no such action upon the flour. The process of making bread-stuffs with baking powder in place of yeast is clean and quick, but it has the disadvantage that may occur in case of any adulteration of the salts used, and the profitable and agreeable changes produced by the yeast in the flour are also absent.

On a Much-Needed Revolt In the Household

From an Unmarried Englishwoman to her Sister, the Mother of Kitty

In Century Magazine for Feb.

DEAR ALICE:—A guest in the house often sees more than those who live there day by, and during my visit to you last Christmas I was by no means the unobservant person you may have thought me. Even before I read your letter this morning I took one look at the close-written sheets and said to myself unhesitatingly, "Kitty."

Your problem, it may comfort you to know, is not unique. I see it about me on every side, a world peopled largely with Kitties and the mothers of Kitties, all troubled, all well-intentioned, all pulling vainly in opposite directions, and all wondering why the tangle will not resolve itself.

Thank goodness, you at least don't begin by saying that you "don't understand Kitty!" For an intelligent woman to make such a statement nowadays is to brand herself a hopeless idiot. No, the modern complaint, it seems to me, is exactly opposite. The misunderstood daughter no longer exists, but *the misunderstood mother does*, and I rather suspect you are one of them.

Has it ever occurred to you, my dear Alice, that you are quite on the wrong tack in dealing with Kitty? You say you have always done your best to understand her, to realize her individuality, to see things from her point of view. That is just it. You have been so intent all these years upon fostering her individuality, in studying it, in allowing it fair scope and deference and growing space, that you have entirely lost sight of your own. You have been so conscientiously busy over this great task of understanding your daughter that you have given her no opportunity of understanding you. And here, it seems to me,

is your real and only unfairness toward her.

Mrs. Wye, an acquaintance I made at the Beacon Club, came in the other day. She was troubled about her small son, aged seven. She had studied, she told me, volumes on child psychology—really, seriously studied them—with a view of a better understanding of the mental processes of this small, high-spirited mite recently promoted to trousers. None of them helped her. There was a hitch somewhere. She failed, in her own phrase to "get near him." "I don't seem able to reach his *soul*," she said. It might have been some plant that she wanted to pull up by the roots to see how it was growing.

I was sorry for her, of course. The situation was tragic, though one smiled, and it was tragic just because of her ultra-eagerness, her over-anxiety, which defeated its own object.

Haven't you, in a way, done this with Kitty? I don't for one instant mean that you haven't been a comrade to her. This woman, one felt, never would, never could, be a comrade to her child in the true sense. She was too occupied over his possible developments to be able to see, in simple human focus, the real child himself. But even in your comradeship there has been too much conscious preoccupation. If a question arose of two interests, yours or Kitty's, it was usually Kitty's that won. You gave too much and demanded too little.

Kitty isn't naturally selfish. She is simply at an age when everything matters to her rather intensely. She is in the experimental stage, and, with all your sympathy, you can't help her in her experimenting. She has to do it for herself; and meantime it is Kitty's

family-circle that suffers.

Now, what Kitty really wants is letting alone. Do, for goodness sake, stop worrying about her! Let her see that her enthusiasms, her dislikes, her intolerances, aren't really so important as she thinks them. Don't let her feel that the entire family, yourself most of all, are waiting breathless and uneasy to know what form her next outbreak is going to take. So long as she gets her audience every time, so long will she continue thinking up new surprises to spring upon them. As a matter of fact, you yourself, at Kitty's age, were a most intolerable little prig. Only your family had the good sense not to take any notice of you.

They say that a spinster's children are always the best brought up. But I think if I had a daughter, I should begin very early in life to let her realize that I was something more than an audience. I shouldn't want her to think of me as "just perfect" from her own point of view, a comfortable sort of person whose admiration was to be relied on and whose protests could be ignored. Above all, I shouldn't fear to let her know my faults. There is such a thing as being too perfect.

There must be give-and-take in every human relationship. The relationship between mother and daughter is apt to be one-sided. One of the first lessons in life should be a regard for the individual liberty of other people. Let Kitty learn it now. It isn't too late to begin. If there must be friction, let it be on your side as well as on hers. Teach her that she hasn't a monopoly of criticism, or even of discontent, if it comes to that. Let it dawn upon her that she is not the only important person.

Do you remember Evelyn Wace? She has a daughter just about Kitty's age. Evelyn couldn't accept an invitation without consulting Margaret's engagement-book, and she didn't even dare to do her own hair the way she liked. Margaret was one of those serious-

minded girls, and Evelyn used to be dragged all over town to lectures she hated and recitals that bored her because it would be such a shame to discourage Margaret's views. Her moments of relaxation were spent sitting in drafty corners holding wraps while Margaret danced. When it came to being told how the younger children ought to be brought up, Evelyn took a stand. She looked in the glass and saw herself a worried-looking woman with a matronly coiffure and the sort of dress that Margaret always thought suitable. The next day she told her husband that he must take her for a fortnight to Paris. They went, and with the channel safely between her and Margaret, she began for the first time in years really to enjoy herself. She bought different frocks, consulted the oracles of beauty, and returned a new woman. She began to accept invitations on her own account, went to dances again as a guest and not a mere chaperon, and filled the house with clever people of her own age who hadn't the slightest idea of providing a background for Margaret's brilliancy. As a result, she looks to-day ten years younger, and, best of all, Margaret has realized that her mother is an attractive and interesting woman whose companionship is to be sought for and not just taken for granted; and being a wise girl, she is learning to appreciate her more every day.

I should like to see a few more Evelyns. It is time for a Revolt of the Mothers—those docile, admiring, apprehensive mothers that one meets at every turn. I should like them to cast off the rôle of unselfishness and stand up for their own rights. Of course they never will. Their splendid, progressive daughters have them too well trained for that. But it's a movement that is needed, a dream to be pondered over in every home where a Kitty or Nan or Margaret holds her present arbitrary sway. The Gild of Emancipated



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

A Place for Everything

AFTER years of scrabbling for needful but forgotten articles when departing quickly on long or short journeys, I have found a balm in Gilead in my "going away drawer." In it I place only articles sorely needed but surely hard to find, if one's time limit is very short. White handkerchiefs, a pair of white and a pair of street gloves, a scarf, a veil, a hand bag, toilet articles, including hair pins, brush and comb, tooth brush, hat brush, button hook and scissors, a sewing box, fresh kimona, pin cube, a pencil and pad, and manicure articles, all are ready in this drawer.

In a second drawer I attend to my husband's wants, which include toilet articles, two or three fresh ties, handkerchiefs, hat brush, scarf, extra studs, shoe lacing, etc.

In this way we are able to "put our hand on" necessary articles at once, and pack a bag in half the time it would take to look about and collect these things in a rush.

Use of Gum Arabic

"They look attractive at first but after they are washed they just shrink," is the complaint of many after purchasing one of the white lace face veils. Yet there is a cure for even this evil. Gum-arabic, used very sparingly, will give back the first freshness to the veil with the desired "staying" quality, minus stiffness which ruins any silk. Ten cents' worth of gum arabic will stiffen two

lingerie gowns. Laces of all kinds can be freshened, without undesirable stiffness, by dipping them in gumarabic water after thoroughly rinsing in clear water. A jar of gum arabic water is so useful a thing that many business women and college girls, who are apt to launder their own lingerie, keep a quantity always ready for use. Articles laundered with gum arabic retain their freshness longer than where starch is used, as dampness or evening air does not seem to affect them. G. H.

* * *

Items from Observation

EVERY dainty adjunct to the tea-table, for the porch tea particularly, where protection is more necessary, is the cover for the plate of cakes or sandwiches. The foundation is a wire frame (like a lampshade frame) that gives a shape like a cheese box, or rather like a cheese box, eight-sided instead of round, about five or six inches high and ten or twelve inches in diameter, according to the size of plate to be used for cake. The wires are to be carefully wrapped with narrow bias folds of China silk (or linen tape) to cover. Then the whole thing is to be covered with net, preferably the nice, fine, imitation, filet net that can now be bought by the yard for sash curtains. The net is, of course, put on plain and tight, with no fulness whatever; the lower edge and the edge where the side and top meet may be finished with narrow lace. A half inch round crochet

button in the middle of the top makes a dainty knob to lift it by. It is a dainty and ideal protection from flies.

In a new hospital, I saw two things introduced for the sake of cleanliness that would be well worthy of adoption in houses. All the doors are of oak, and they are perfectly plain and flat, not the least suspicion of panels or moldings. They are very beautiful, showing the grain of the wood as their ornament, and simplicity as their charm. They would be a little more expensive than ordinary doors, for they must be very well made. One might not want all the doors of a house made so, but they are worthy of more general use.

A little cupboard in the pantry, that did not reach the ceiling, but was too high to have its top dusted easily, simply had a steep-sloped "roof" on it, a lodging place for nothing and no need for dusting.

A. J. M.

* * *

MANY people dislike "snappy" cookies, and eat them only because they cannot get them any other way. The crispest cookie may be softened by allowing the crock containing them to stand uncovered all night in an open window. They will invite moisture enough to render them sufficiently soft until all are gone.

I do not care for potatoes cooked in the fireless cooker, and yet I have learned to use the cooker in the serving of escaloped potatoes. This I do by baking the potatoes in the range whenever I have a fire on, then when done, setting the dish inside a heated crock in the fireless cooker where they remain piping, until ready to serve them, several hours later. This insures the real escaloped flavor, with fireless cooker convenience.

M. E. S. H.

* * *

IHAVE noticed in the English homes with which I have been familiar that the children at the table, when they

do not finish a portion of the food on their plates, say to the mother or hostess, "Please excuse me if I leave this on my plate." I never spoke of this to an Englishwoman, but the idea seems to exist that it is an insult to one's hostess to take upon one's plate more than one can eat. It amused me at first, but after all, there is a good lesson in it. Is it not good training in economy?

In this country I have never seen the okra served as it is in Brazil where it is commonly used. There it is cooked with meat and other vegetables. It forms a delightful addition to a "cosida" as a boiled dinner is called. Cooked with a pot roast, it is arranged around the meat, when served, and is a novel vegetable to use in this way, to make an ordinary pot roast "something different."

Brain Work in Housekeeping

The other day when the subject of the high cost of living began to be discussed by a room full of bright women, our hostess, a prominent club woman, remarked, "We can't economize on food, for surely our families have to be well nourished." I happened to know that the food supplies of that home were left almost entirely to the untrained kitchen maid, so it was with difficulty that I forebore from speaking more plainly than might have been polite, to my hostess. When will the average middle class American woman awake to the fact that the question of feeding her family is as important a subject upon which to use her brains as suffrage or Browning? First hand knowledge of home making in England, Germany and South America has given me a basis of comparison. Foreign residence is as inspiring to the homemaker as to the artist or musician. It is humiliating to find out how small a return in nourishment the average American home gets for its outlay of money. I have known excellent American women who consider

it niggardly to make soup from the water the vegetables are cooked in, and to practice like economies. There is no waste in nature and surely our bountiful mother nature is not niggardly. To eliminate waste from the household is real brain work. It calls for the best mental ability to distinguish between real economy and false economy. What is an economy in one home may be false economy in another, where the conditions are entirely different. Each housewife needs to work out her problems for herself. It seems to me that the trouble with the American housewife is that she fails to recognize this as a worthy occupation for her best mental powers.

We can learn much from the German housewife. The average German home contains more helpers than does the average American home of the corresponding social grade, yet the German housewife recognizes the feeding of her family as a worthy place in which to put her personality. She not only does the buying for her household, personally, but does much more of the actual cooking than does the American. Where she does not do the actual cooking she supervises and does it most efficiently. In fact much of the German cooking is done outside the home. The bread is marvelously good and all of the multitudinous varieties of sausage are so well made that the most scrupulously neat person has no fear. Such conditions cannot help but prevail in a country where the housewives are as efficient as in Germany. If the American woman considers herself mentally superior to the German housewives, she is greatly mistaken. Use is good for the brain and the woman who uses her brains in her home shows the effect. I have found German women wonderfully bright, interesting and well informed.

Housekeeping in America is on the same plane as forestry and agriculture.

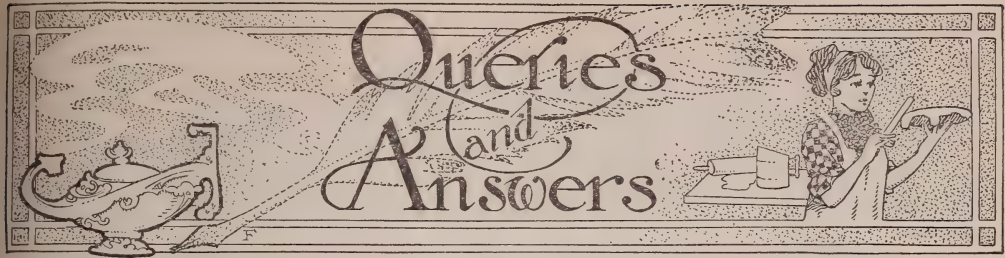
The best minds have considered such work beneath them and the result makes a poor showing in comparison with countries like Germany, where brains are applied. There is hope for the next generation, for we are beginning to see things in their true light. B. G. E.

* * *

An Extension Table-Mat

A USEFUL article to protect the table from hot dishes, is the German "Rollschoner," or extension mat, which, although it is little used in this country, has some obvious advantages over our ordinary table mats and should be better known with us than it is. A very neat and inexpensive one can be made out of cigar-boxes as follows: Such boxes are generally about 11 inches long. This length makes a satisfactory width for the mat, and it can be made as long as is desired. Remove all the paper from the boxes and cut them carefully with a scroll saw into strips of uniform width, say a little more than an inch. Then glue the pieces side by side to a piece of very strong white linen. Every piece must lie close up against the next one; there must be no gaps and no overlapping. In order to keep the wood from warping, lay down several sheets of paper on the floor in an unused room and lay the mat out on it, wood side down, draw it out perfectly smooth and nail the projecting linen firmly at the four corners with tacks. Leave the mat in this position till it is perfectly dry. Then, to insure greater durability, paste a piece of coarse cotton cloth over the linen with ordinary flour paste, cut off the projecting cloth, and if it is wished, ornament the strips of wood by burning. The mat can be unrolled at a meal so as to hold all the hot dishes on the table, and rolled up into a cylinder when not in use.

. R. T. H.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, Editor, BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1827.—“Recipe for Grapefruit, also, Orange, Marmalade.”

Grapefruit Marmalade

For six large grapefruit take four lemons; cut each fruit in quarters, and slice the quarters through pulp and rind as thin as possible, discarding seeds. Weigh the prepared fruit and add three pints of cold water for each pound of fruit. Set aside for 24 hours. Let boil gently until the rind is tender, then set aside until the next day. It will take about six hours to cook the fruit. Weigh the cooked mixture and for each pound, add a pound of sugar. Let cook until it thickens slightly on a cold dish. Stir occasionally, while cooking, to avoid burning. Store as jelly. Use all the water designated. Do not cook too long, as the marmalade thickens somewhat on cooking.

Orange Marmalade

Prepare as above, using one dozen oranges to four lemons. For bitter orange marmalade, cook the seeds in cold water overnight. Strain this water into the prepared fruit before cooking it. For a still more bitter flavor, tie the seeds into a bit of cheese cloth and let cook with the prepared orange. Remove the seeds when the flavor is satisfactory.

QUERY 1828.—“Recipe for Chicken à la King.”

Chicken à la King, Waldorf Style

Melt two tablespoonfuls of butter in a blazer or frying pan; add half a green pepper, chopped fine, and a cup of fresh mushroom caps, peeled and broken in pieces; stir and cook three or four minutes; add two level tablespoonfuls of flour and half a teaspoonful of salt and cook until frothy; then add one pint of cream and stir until the sauce thickens. Set over hot water; add three cups of cooked chicken, cut in cubes, cover and let stand to become very hot. In the meanwhile cream one-fourth a cup of butter; beat into it the yolks of three eggs, a teaspoonful of onion juice, a tablespoonful of lemon juice and half a teaspoonful of paprika. Stir this mixture into the hot chicken and continue stirring until the egg thickens a little. Serve on toast.

QUERY 1829.—“Recipe for pudding made of stale cake. The pudding looks and tastes like Christmas pudding, only it is made in a shallow pudding dish.”

Cabinet Pudding

Butter a three-pint mold, sprinkle with currants, raisins and chopped citron, add a layer of stale sponge cake in slices, also spices if desired, and continue the layers of cake and fruit until the mold is filled. Use one cup of fruit. Beat four eggs; add half a

teaspoonful of salt, one-fourth a cup of sugar and nearly a quart of milk. Pour over the ingredients in the mold. Let stand one hour. Bake on many folds of paper, surrounded with boiling water, until firm. Serve turned from the mold, with wine or frothy sauce. The water must not boil during the cooking.

Fruit Pudding

One dozen red cherries, one dozen halves of peaches or apricot, four ounces of stale sponge cake, three eggs and three yolks, one-half cup of sugar, one-half a teaspoonful of salt and three cups of milk are needed. Beat the eggs, add the sugar and salt, then beat again, add the milk. Use a quart mold, line it neatly with paper, butter the paper, then dredge with sugar; put in part of the fruit as a decoration on the bottom of the mold, cover with the thin slices of cake to hold the decorations in place, then fill the mold with alternate layers of cake and fruit. Pour over the custard mixture. Set on many folds of paper in a baking pan, surround with boiling water and let cook until firm.

Cold Sabayon Sauce Royal

Beat one whole egg and two yolks; add half a cup of sugar and beat again; add half a cup of sherry and stir and cook over hot water until thickened. Add a teaspoonful of lemon juice and let cool. When ready to serve fold in from half to three-fourths a cup of cream, beaten firm.

Without the cream the sauce may be used hot on the hot pudding.

Frothy Sauce

Beat half a cup of butter to a cream; gradually beat in a cup of sugar, then the white of an egg, beaten dry; stir in half a cup of boiling water, two tablespoonfuls of wine, or a teaspoonful of vanilla extract.

QUERY 1830.—“Should Graham flour be sifted for bread or muffins? If so, is the bran of no value?”

Sifting of Graham Flour

Graham flour is usually sifted to insure the removal of any foreign substance that may be present. After sifting, the bran can be easily examined and such portion of it as is desired can be used; bran by itself does not possess high food value, but it is useful to give bulk and waste.

QUERY 1831.—“If the water cooks away from rice, is the rice more nutritious and just as palatable?”

Value of Rice Cooked Dry

No quantity of water absorbed by rice in cooking will add to its nutritious properties. If milk or stock be used, the rice will be more nutritious. Unless the rice be cooked until dry and hard, we see no reason why it is not as palatable as when cooked, drained and dried out in the oven—though this matter is largely one of individual taste.

QUERY 1832.—“Recipe for Old-Fashioned Jumbles.”

Old-Fashioned Jumbles

(Brugiere)

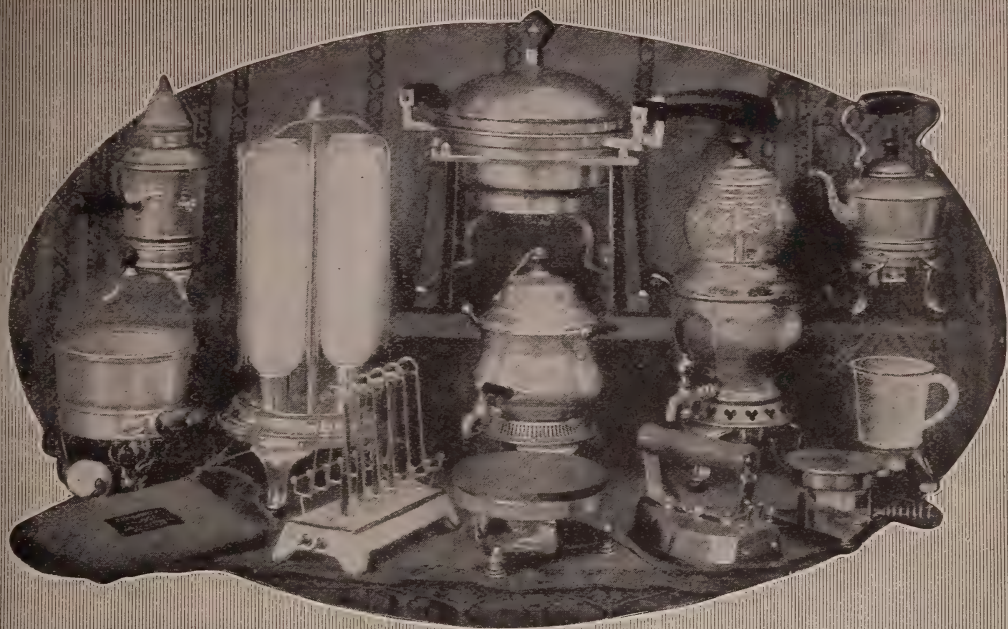
$\frac{1}{2}$ a pound of butter	beaten light
$\frac{1}{2}$ a pound of sugar	1 pound of flour
4 yolks of eggs	Granulated sugar for
2 whites of eggs,	dredging

Beat the butter to a cream; beat in the sugar, yolks of eggs, flour and whites of eggs, alternately. Roll out very thin on a board dredged with sugar; cut in rounds and bake in a quick oven.

QUERY 1833.—“Recipe for Cinnamon Rolls, published three or four years ago. The butter and sugar, used to spread on the dough, were creamed together and the cinnamon was beaten in.”

Hot Cross Buns

Soften a cake of compressed yeast in half a cup of scalded-and-cooled milk and add to a pint of milk, scalded and cooled; stir in about three cups of flour, beat until very smooth, then cover and



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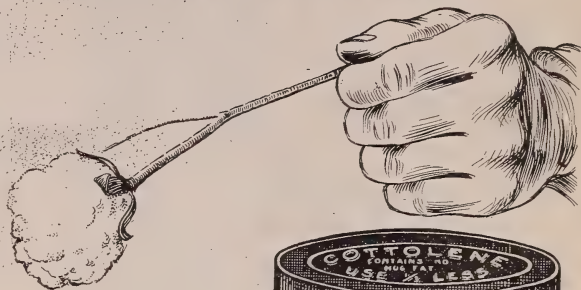
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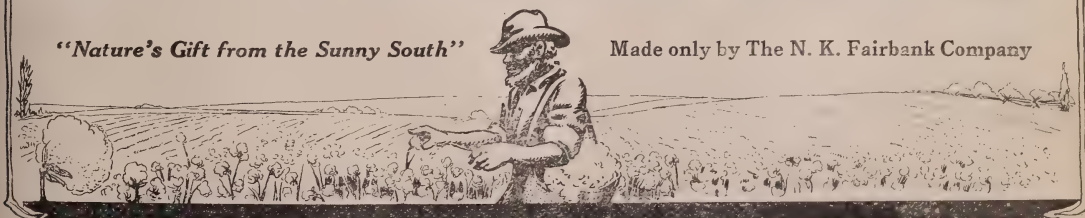
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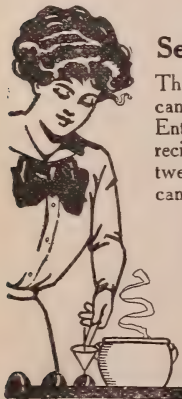
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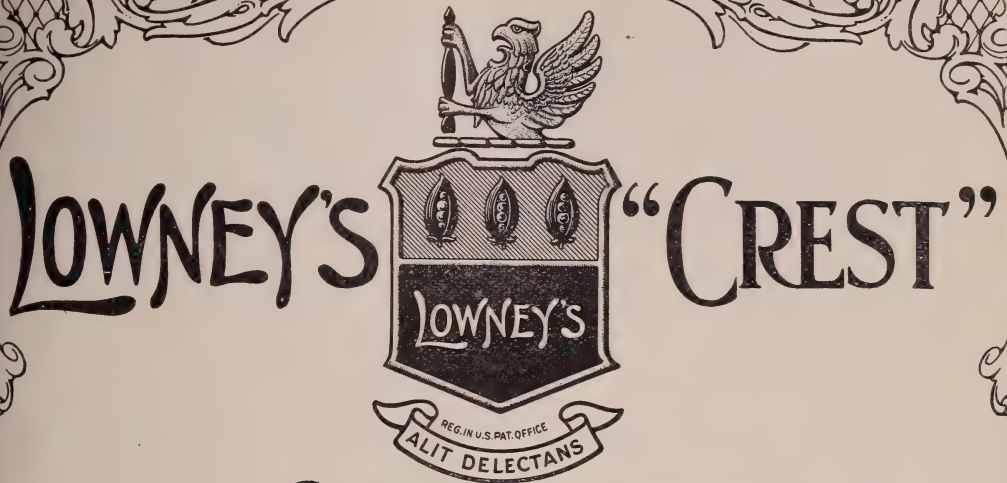
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THE WALTER M. LOWNEY CO., BOSTON

Spider Corn Cake

Stir half a teaspoonful of soda into half a cup of thick, sour milk. Sift together three-fourths a cup of corn meal, one-fourth a cup of white flour, two level teaspoonfuls of baking powder and half a teaspoonful of salt. Beat one egg; add half a cup of sweet milk and the sour milk and soda and stir the whole into the dry ingredients. In a small frying pan, melt two tablespoonfuls of butter; shake and turn the pan, to spread the butter over the surface even. Turn in the flour mixture, then pour on half a cup of sweet milk, but do not stir it in. Bake about twenty-five minutes. Cut in triangles for serving.

Bread Crumb Griddlecakes

Soak two cups of bread crumbs in cold water, turn into a cloth and wring out the water; add two cups of thick, sour milk and one cup of flour. Let stand overnight, then add one egg, beaten very light, half a teaspoonful of salt, one teaspoonful of soda, dissolved in one or two tablespoonfuls of cold water, and two tablespoonfuls of flour, sifted with two teaspoonfuls of baking powder. Mix thoroughly. A little more flour may be needed.

Drop Cookies with Sour Cream

Use half a cup of butter, one cup of sugar, one egg, beaten light, half a cup of sour cream, one-fourth a teaspoonful of soda, two cups and one-half of flour and three and one-half level teaspoonfuls of baking powder. Mix in the usual manner, stirring the soda into the cream. Mix the whole together very thoroughly; the mixture will be quite stiff. Drop from a spoon upon buttered tins, shaping each portion into a smooth round. Dredge with granulated sugar. Bake in a moderate oven. Half a cup of coconut may be added before the flour, if the quantity of flour be reduced a little.

Biscuit

2 cups of sifted flour	2 to 4 tablespoonfuls
2 level teaspoonfuls of baking powder	of shortening
$\frac{1}{2}$ a teaspoonful of salt	$\frac{3}{4}$ a cup of sour milk
	$\frac{1}{4}$ a teaspoonful, generous measure, of soda

Sift together the first three ingredients and work in the shortening. Stir the soda through the sour milk and use as much of this as is needed in mixing the dry ingredients to a dough. Turn on to a floured board, knead a little, pat with the rolling pin and cut into rounds; set close together in a buttered pan. Bake from fifteen to twenty minutes in rather moderate oven.

Rochester Gingerbread

Beat half a cup of butter to a cream; gradually beat in half a cup of sugar, two well-beaten eggs, one cup of molasses, one cup of thick, sour milk and three cups of flour, sifted with one teaspoonful and a half of soda, one teaspoonful of ginger and one teaspoonful of cinnamon. Bake in two brick-loaf pans.

QUERY 1826.—“What quantity of butter and milk should be substituted for cream in a recipe calling for one cup of cream? Why not butter the slab or patten on which fondant is poured?”

Equivalent to One Cup of Cream

Probably about two tablespoonfuls of butter and enough milk to fill the cup would be equivalent to one cup of cream, though cream varies greatly in the quantity of butter fat it contains.

Buttering the Slab or Platter for Fondant

Butter is out of place in fondant, it would change the texture. Thus we dampen the platter or slab *slightly* with cold water and do not rub over with butter.



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LITTLE FALLS, N. Y.

Convention of the American Home Economics Association

THE American Home Economics Association held its fourth annual convention December 27-30, 1911, in Washington, D. C., where it was organized three years ago.

Frequent attendants at such meetings, realize that often more is gained from coming in contact with others working in similar fields than from the formal program.

Such social intercourse was facilitated by the arrangements made by the Local Committee. On Thursday afternoon at the White House, Mrs. Taft received the ladies of this and other societies in session in the city, The Cornell Women of Washington gave a tea, and in the evening there was an informal reception at the Corcoran Art Gallery.

Friday afternoon the Eistophos Science Club was "at home" at the Tea Cup Inn—a place of interest because it was the home of Bancroft, the historian. Secretary of the Treasury and Mrs. McVeagh also opened their beautiful new home for a reception to visiting societies. At the close of the meeting, Friday evening, the members present were tendered a reception by the Home Economics Association of Washington.

Saturday evening, Mrs. Robert M. La Follette invited any who still remained in the city, to an informal reception at her home.

The convention luncheon was held at the headquarters, Hotel Gordon, on Friday. So many members and guests were present that a general roll-call with reports from each field of work was out of the question, and quite without pre-arranged plan, the after dinner exercises took the form of a memorial to Mrs. Richards.

Miss Caroline L. Hunt gave a brief account of Mrs. Richards' early life (gleaned from the material she is editing

for publication) showing the difficulties which are no longer obstacles in the path of the girl of today.

Mrs. Mary H. Abel explained the plan for a memorial fund, the proceeds to be used in furthering causes in which Mrs. Richards was the leader.

Miss Marion Talbot, Dean of Women, University of Chicago, from her long association with Mrs. Richards in many lines of work, drew some lessons from her life.

Miss Anna Barrows made the suggestion that Mrs. Richards' birthday, Dec. 3, be observed as a Home Economics Day in Schools of Household Arts and by Women's Clubs.

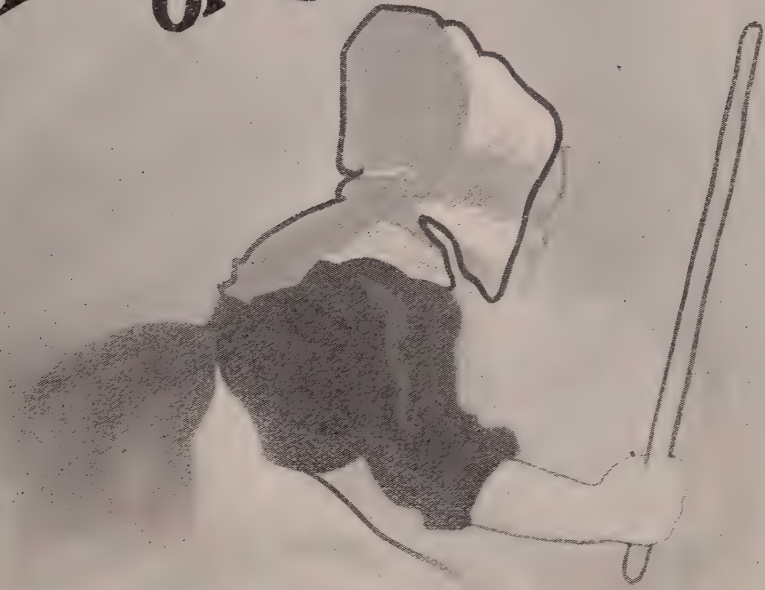
No student of the subject can fail to realize that Mrs. Richards was the inspiration of many of the younger workers in home economics, besides herself being the mainspring of this organization and all it stands for.

Miss Isabel Bevier, Professor of Household Science in the University of Illinois, chosen president of the Association at St. Louis, was re-elected this year, which indicates the appreciation of the way in which she performed her difficult task.

In his address of welcome Dr. W. M. Davidson, Superintendent of the public schools of Washington, referred to the emphasis now being placed on the vocational idea. He made a special plea for liberal instruction in vocational training, for democracy must provide for children who will not enter the vocational life of their parents but go into other fields of endeavor. The future points the way along the lines of work represented here.

Miss Bevier followed with a survey of the rapid growth of the Association, a membership of over 1000, 17 affiliated societies, and the success of the Journal. Home economics has made a place for

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itself in the thought and life of the people, in the club movement, in the press, the country weekly, the city daily, and the monthly magazine. Home economics, in some form, is moving east, west, north and south. As the representative of the association at the meetings on the Pacific Coast where there were three hundred and fifty regularly in attendance she was especially impressed with California's interest in home economics.

The Home Economics Association must watch the current and it may help direct the current, but there is a current and energy must be expended there.

There is need for better plans, for wiser administration of the home, for better aesthetic and ethical standards, for that wisdom and skill that shall enable women to see life and home, to put their hearts into it, to live above its machinery and beyond its petty details. Yet we are to be congratulated on our opportunities and on our privileges and to go forth with brave hearts and without fear.

The report of the committee on entrance requirements was made by the chairman, Miss Jenny Snow of the University of Chicago. The work undertaken, but not yet accomplished, was to formulate a unit of work in home economics in the high school. Some institutions are now giving entrance credit for home economics. This is a very vital question.

The report of the committee on the journal showed an increasing list of subscribers considerably larger in number than the membership of the association, and that has doubled in the three years of its existence.

The committee on legislation reported several bills before Congress promising federal aid to further education in home economics, agriculture and mechanic arts, and urged the members of the association to secure copies of these bills and watch their progress and aid where it seems advisable.

Last year the Association formally

took over the Graduate School of Home Economics which was started by Professor Atwater about ten years ago at Middletown, Conn., and has since met biennially with the University of Illinois, Cornell, Iowa.

This year it will be held with the Graduate School of Agriculture at Lansing, Michigan, in July, probably the first two weeks of that month. The time will be arranged to secure the co-operation of men from the U. S. Department of Agriculture and others who will be especially helpful to teachers of Home Economics.

The program included three great fields of work—the home, the school and the large family. The main divisions of interest to teachers were those on Applied Science in Woman's Colleges, Elementary Work in Preparation of Food in College Classes, and Domestic Art Instruction for College Students.

The home interests had no special session but pervaded the whole meeting.

The paper by Professor E. V. McCollum, University of Wisconsin, which, in the absence of the writer was read by Miss H. L. Johnson, was essentially for the home.

The round table on extension education showed something of the many aids that are available for the women who have not had an opportunity for more formal studies in home science.



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U. S. Commissioner Claxton, in his evening address on Education and Home Economics, strongly advocated education for the home and in the home and throughout life as well as in the periods commonly allotted to schools.

The papers on Home Economics and Culture by Mrs. Mary H. Abel, and that on "A Plea for the Introduction of Historical Courses on the Home into Higher Schools and Colleges for Women," by Miss Willystine Goodsell, Ph. D., Assistant Professor, Teachers College, Columbia University, were admirably adapted not only to this meeting but for groups of women in school or clubs who are endeavoring to raise home standards.

The papers given during these meetings, and many others presented by title only, will be accessible to everyone through the pages of the Journal of Home Economics. This periodical edited by Mrs. Mary H. Abel, in its five issues yearly, records the best studies in home economics.

The Wind from the Hills

By Stokely S. Fisher

Blow, wind that wakes my heart! O wind
from the happy hills,
What magic allures in your message! Low
laughter of hurrying rills,
Wild voices bewitching the woodland, the
lisp of the whispering lea,—
All pipes of Pan,—
Are calling, calling, calling in memories blown
to me!
And oh, to fly to-day
To paths far, far away where, buoyant, in
careless play,
My young feet ran!

Like the panting maples, wide-armed, I wel-
come the rush of the gale,—
It quickens my breast with the vigor, the
throb of the earth-soul hale!
How swells my heart with sweet of the
flower and strength of the tree,
And all the mad
Delight of primitive life, exultant and fresh
and free,
In the beat of my pulse is thrilled!
I vibrate the rapture trilled by Spring when
her hope is fulfilled
And the whole world glad!

O wings of the brisk, brusque wind, my
youth awakes at your touch,—
The years of strife but a dream that held
me choked in its clutch!—
Lo, the cot by the ragged arm of the wooded
hill embraced,
Orchard and wold
Are mine as they used to be; and, in homely
order placed,
The social, domestic flowers,
In quiet of fragrant bowers that sheltered un-
burdened hours,
Bloom as of old!

Child-hearted, I sense the joy of earth, its
secret spring,—
The beauty bloom tries to show the rhythm
love strives to sing!
For a moment my spirit has caught the inner
note, the key
Whereto God set
All life at first,—the motion of ultimate
harmony!—
Blow! Sweep the shadows gray
From my bosom, the ache allay, and waft the
mist away
From my eyelids wet!

My ears rejoice, O wind!—The call of the
hills of home,
The voice of the singing valley which cleanest
skies o'erdome,
I hear, and forget the piercing whirl by the
trolley twirled,
The struggle and stress!
Like David, I cry for wings to fly from a
warring world!
I feel, in her roughest psalm,
The comfort of Nature's calm; oh, like
a mothering palm
The wind's caress!

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Then you don't need to keep my cooker if it doesn't prove all my claims for it, because I allow a full month's trial in your own home at my risk — your money back if the cooker is not satisfactory in every way.

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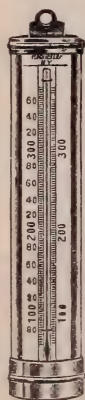
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THE BROWN JEWELRY CO., Inc.

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A Colonial Supper

Concluded from page 373

tell us that it should be cooked for some time, it goes on to say, "that it eats better crisp."

Sour Cabbage

- | | |
|---|---|
| 1 medium-sized head
cabbage (3 lbs.) | ½ a tablespoonful of
salt |
| ½ a teaspoonful of
pepper | 1½ cups of sour cream
½ a cup of weak vin-
egar |

Shred cabbage fine, wash it thoroughly, and put in sauce pan with a little hot water, cover closely, and let simmer 4 hours. At the end of three hours and a half add the cream, vinegar, salt and pepper, toss well and let cook till liquid is absorbed and cabbage is whitened.

"Savory Potatoes" are also of Dutch origin and are particularly delicious.

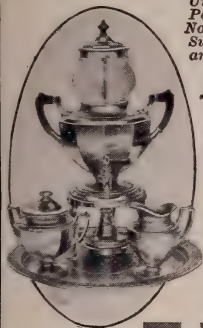
Savory Potatoes

Pare as many potatoes as desired and cut off the tops, lengthwise, to form a thin cover; scoop out the inside with a French potato cutter making a hole "as large as a shilling;" dredge with salt and pepper, fill incision with sausage meat, set cover in place and skewer on with a toothpick. Put in pan containing a little meat broth and bake until tender, about one and a fourth hours, basting occasionally with liquid from pan.

In giving the recipe for "Ham Roasted with Madeira," we are reminded of the wonderful supper described by John Fox, Jr., in "The Little Shepherd of Kingdom Come" on the home-coming of Chad; it speaks especially of the ham, "mellow, aged, boiled in champagne, baked brown, spiced deeply, rosy pink within and of a flavor and fragrance to shatter the fast of a Pope; and without a brown-edged white layer, so firm that the lieutenant's deft carving knife, passing through, gave no hint to the eye that it was delicious fat." Paper-bag cookery is again suggested in this recipe.

Ham Roasted with Madeira

Select a fine lean ham, soak it for



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twelve hours, then scrub surface with soda water. Remove the end bone, and pare off rind from knuckle. Put in bottom of a roasting pan, 1 cup sliced carrots, ¼ cup sliced onion, a few leaves of thyme, a bay leaf, 10 peppercorns and 6 cloves, set in ham, pour over a pint of Madeira and cover pan close for 12 hours, then wrap the ham in heavy paraffine paper or, better still, encase it in a prepared paper-bag, cover it with a thick paste of flour and water and roast three hours in a hot oven. Then make a hole in the paste and pour in slowly by means of a funnel the Madeira in which the ham stood to season. Put some paste over the hole to close it and let it roast an hour longer. When done, remove paper carefully to preserve all the juices, glaze ham and serve plain or with a Madeira sauce. The end bone may be "decorated with a fringe made from letter-paper," the recipe adds.

The old books are replete with many breads, and it is almost impossible to choose one among them. All call for liquid yeast, and it is necessary to remember in adapting them, that ½ pt. of liquid yeast is equal to one compressed yeast cake in leavening power.

Hot Short Rolls

2 cups of tepid milk	2 tbsp. butter
1 yeast cake dissolved	2 beaten eggs
in ¼ a cup of the	About 6 cups of flour
milk	1 teaspoonful of
	salt

Make milk of blood heat, take out ¼ cup and dissolve yeast in it; add to milk with butter, salt and eggs, add flour to make a "light dough," about 2 cups, and let rise till spongy; beat in balance of flour, knead well, let rise till double in bulk, (about 3 hours) shape in finger rolls, let rise again and bake in "quick oven."

"The Trifle," which is the dessert, is strangely named, possibly to show how unnecessary sweets were to the people of the Seventeen Hundreds. But essential or not, it occupied the place of honor and was always "handsomely" decorated. the "non-pareils" of which the recipe

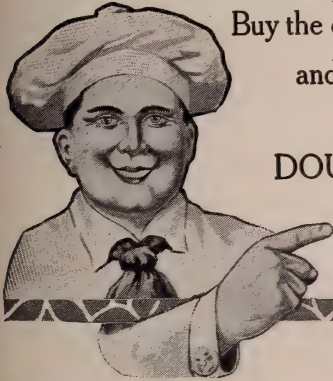
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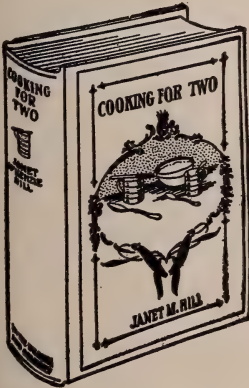


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There is much in the book that is interesting, even indispensable, to young housekeepers, or those with little experience in cooking, while every housekeeper will find it contains much that is new and helpful.

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COURSES

By Mrs. Janet M. Hill

Editor Boston Cooking-School Magazine

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Meat Substitutes and Left-Overs.
Cheap Cuts of Meat Made Palatable.
Daily Meals Considered Physiologically and Esthetically.
Dishes for Home Entertaining.
Sauces, Entrees and Salads.
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**Mrs. Janet M. Hill, 372 Boylston St.
Boston, Mass.**

Care of Boston Cooking-School Magazine

speaks are red candies; if they cannot be obtained, preserved cherries can be well substituted. "To look its elegance," the dessert should be served in a high glass dish.

A Trifle

2 cups of heavy cream	1 tablespoonful of bitter almonds
½ a cup of powdered sugar	Juice and peel of 1 lemon
1 cup of peach juice	½ a cup of cherry sunshine
½ a cup of cherry bounce	4 lady fingers
8 macaroons	1 pint of rich baked custard, flavored with orange flower water
Nutmeg	
½ a cup of blanched sweet almonds	

Break lady fingers and macaroons into small pieces and lay them in a glass bowl. Add peach juice, ½ the cherry bounce, the lemon and grating of nutmeg. Let stand till softened. In the meantime add sugar to the cream with a little orange flower water and ¼ cup cherry bounce and whip solid to bottom of bowl. Spread cherry bounce over macaroon mixture, pile cream on top and garnish "handsomely" with "non-pareils" and angelica leaves and stems.

A Governor's family of Massachusetts, 1788, is responsible for "Rice Cakes" which form part of the dessert. The directions state plainly that a "hickory rod, about two feet long" should be used in beating the mixture, that they should be "stirred only one way" and that they must be kept a month before using. The recipe for the icing calls for twenty-four egg-whites with "pounded loaf sugar" to stiffen. The suggested decoration is in candied rose petals with bits of angelica for leaves and stems.

Rice Cake

2 cups of sugar	9 eggs
4 cups of rice flour	1½ teaspoonfuls of rose water
1 cup butter	
1/8 tsp. salt	

Cream butter, beat in sugar, add flavoring, salt and eggs beaten light. Lastly, beat in flour and bake in shallow tins. Ice with confectioner's frosting and decorate with candied leaves and bits of an-

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gelica. Keep one month before using.

In studying ways and recipes of olden times, one is impressed with the richness of the food, and the bountiful use of materials. In fact, after working for months with various books of this type, we found only one specific statement concerning economy,—when the earnest "lady authoress" mentions various coffee substitutes, and adds as an after thought, "but after all, the best economy is to go without."

Skinny's Feast

One of the Toronto golf clubs gives a dinner each year to the caddy boys it employs. At the feast last fall one of the boys, a tough youngster, disdained to use any of the forks he found at his place, but loaded his food into himself with his knife. When the ice-cream course was reached and he still used his knife, a boy who sat opposite to him and who could stand it no longer shouted: "Gee, look at Skinny, usin' his iron all the way round!"

The members were in no mood to take Thomas J. Bartlett, Jr., seriously when he rose to make his first speech on the floor of the House. "Sir," he began, impressively, "were it not for the rules of the House, I would pour upon the opponents of this measure the vials of my wrath"—He was interrupted. Mr. Polk of Tennessee was instantly upon his feet, and with a voice of eager sympathy moved "that the rules be suspended, and the gentleman allowed to pour!" From all sides and all parties such an outburst of laughter followed that his career as an orator in the halls of the nation was ended there and then.

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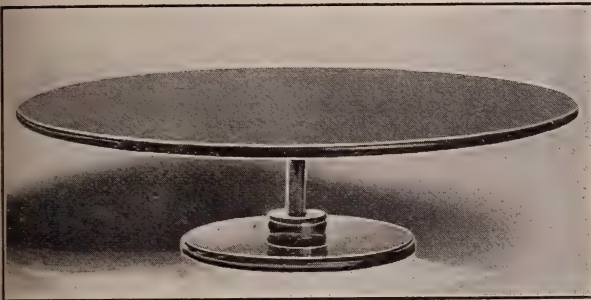


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Food and Scholarship

The expulsion of a third-year student in the College of Fine Arts of Syracuse University has been made the occasion of sundry explanations by the chancellor of that institution.

The offence for which this young woman is made to suffer is that of heading with her signature a protest against the inadequate nourishment given the boarders in a so-called "dormitory" maintained by the university for the use of its female students. More than one-half of the fellow students of her class joined in the protest.

Apparently this movement of the girl art students has a substantial basis. At least, in making their protest particular as to details, they allege unsavory butter, insufficient "portions" of the food served, an entire absence of "dessert" at dinner.

Can anyone blame them? More especially, can anyone regard as just the extreme punishment decreed upon the brave girl who headed their petition for better food? The Chancellor declares it to be a matter of "college discipline."

In these days, proper alimentation is recognized as a foremost element in the development of intellectual as well as of physical powers. Sufficient food is held to be essential to the best product of study or of talent. "University rule" does not cover the failure of university methods.—*Boston Post*.

"The Italians are far more wide awake to modern improvements than



It's Easy to Make Kornlet Soup

Open a can of Kornlet. Heat to boiling point one quart of rich milk, add the Kornlet, season with salt and pepper and a little butter, thicken with one tablespoonful cornstarch wet in a little cold milk, let it come to boil. Beat one egg light, and mix gradually with the soup. The whole family will like Kornlet Soup and pass their plates for more. This is only one of many delightful dishes you can make with the finest product of green corn on earth. Not like canned corn; not used like it. Just the hearts of tender kernels of green corn, fresh and sweet as when plucked in early morning. Kornlet is readily assimilated by folk who cannot digest canned corn. The outer covering or hull is removed by scientific machinery. Nourishing, satisfying, delicious—and every atom first quality.

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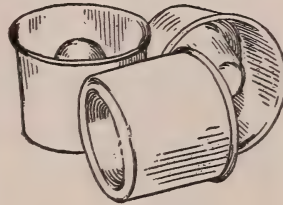
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many other European nations, it seems to me. All the American 'save-trouble' devices they hail with acclamation, and at once apply them to their own use. At first they buy direct from us, and there are many American agencies for our new American inventions regarding plumbing, electricity, etc., in most of the larger Italian cities; but, like the Japanese, the Italians buy and use our apparatus until they completely understand its workings, and then they manufacture for themselves, with alterations adapted to the construction of their houses and their own peculiar needs. Very often, I think, they 'go us one better.'"

Raisin Bread

1 Fleischmann's yeast cake	6 cups of sifted flour
1 cup of lukewarm water	$\frac{1}{2}$ a cup of sugar
1 cup of milk, scalded and cooled	4 tablespoonfuls of lard or butter
	$\frac{1}{2}$ a cup of raisins
	1 teaspoonful of salt

Dissolve yeast and one tablespoonful of sugar in lukewarm liquid, add two cups of flour, the lard or butter and sugar well-creamed, and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about one and one-half hours. When well-risen, add raisins well-floured, the rest of the flour to make a soft dough, and lastly the salt. Knead lightly. Place in well-greased bowl, cover and let rise again until double in bulk—about one and one-half hours. Mould into loaves, fill well-greased pans half full, cover and let rise until light—about one hour. Glaze with egg diluted with water, and bake forty-five minutes.



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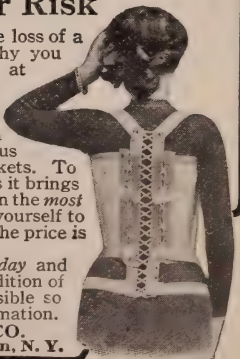
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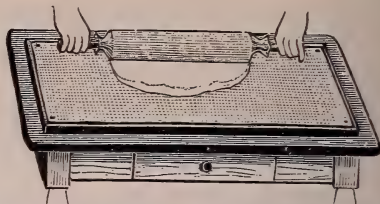
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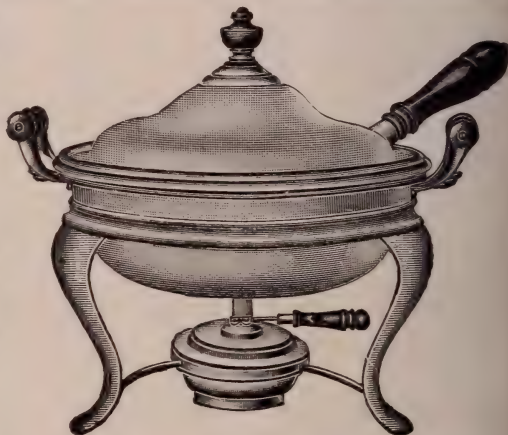
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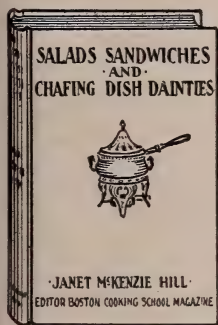
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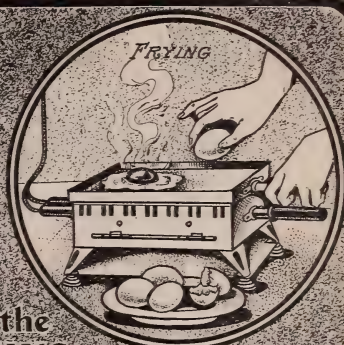
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Such was the announcement published in the court calendar of France in the splendid days of the Valois, on those rare occasions when the infant prince was dipped into his marble bowl of perfumed water.

Poor little Dauphin! He was but a baby after all—a soft, pink-skinned bundle of sweetness and purity. But with all the splendor, pomp and ceremony of his royal nursery, he could not command that essential to a baby's comfort, health and happiness which your baby enjoys—the daily bath with pure water and Ivory Soap.

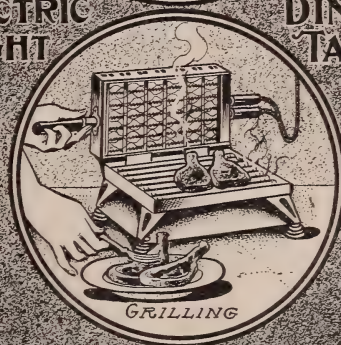
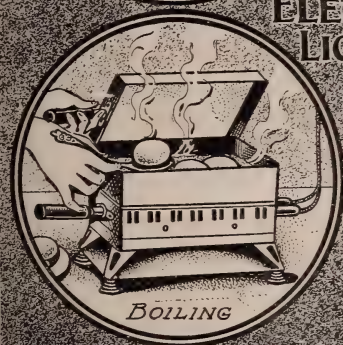
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Chops, steaks and fish are grilled *underneath* visible coils of wire that grow red hot the minute the current is turned on.

As shown above, the coil section can be lifted with one hand while the chop is turned or tested with the other.

This Grill takes its electricity from *any* lamp socket, hence it is always ready for use.

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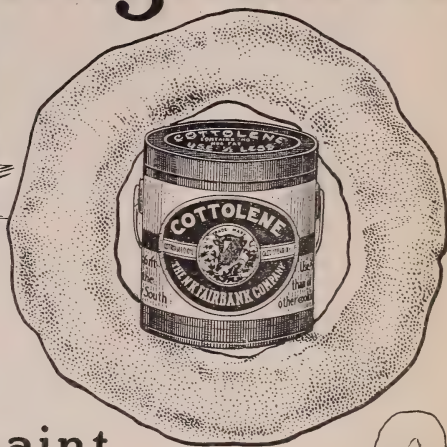
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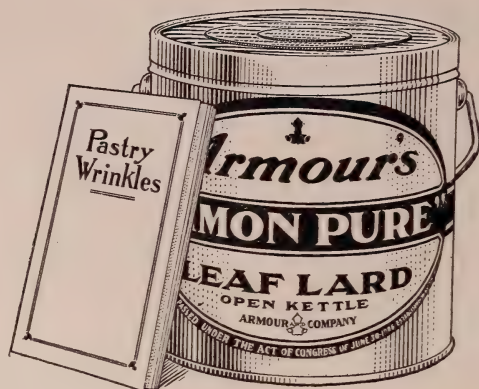
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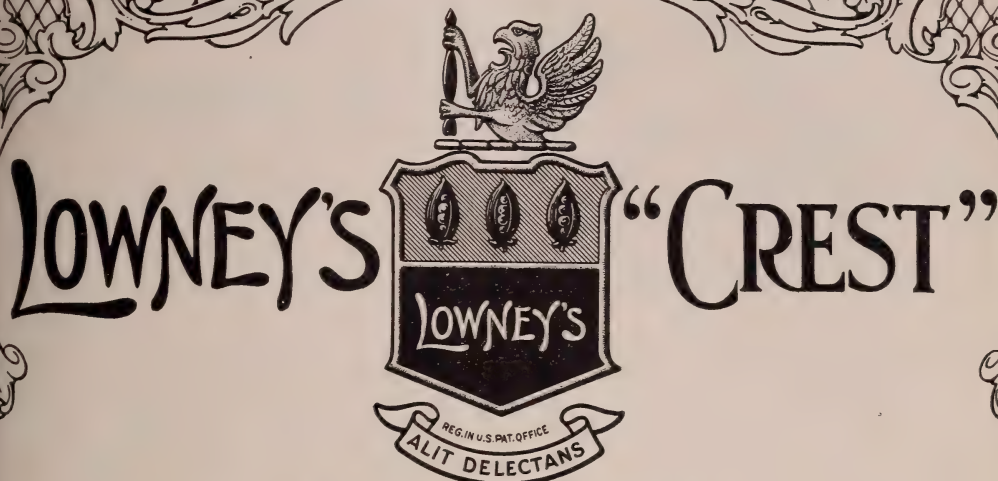
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set to rise. When light add half a cup of sugar, half a cup of butter, one teaspoonful of salt, three eggs, one cup of cleaned currants and about three cups of flour, enough for a soft dough. Knead until elastic and set to rise. When doubled in bulk roll into a sheet and cut in rounds. Set the rounds a little distance apart, to keep the shape. When doubled in bulk, with scissors, make a slit in two directions, on the top of each bun, to form a cross. Bake about twenty-five minutes. Brush the tops of the buns with a paste made by cooking two teaspoonfuls of corn-starch in a cup of boiling water. Then carefully fill the cross with cinnamon and sugar, mixed together, piling the mixture up well. Return to the oven to dry the glaze.

The above recipe does not answer in all particulars the description of the recipe desired, but is the only one given. To make rolls as described, roll the dough, when doubled in bulk, into a rectangular sheet. Beat half a cup of butter to a cream; beat into it three-fourths of a cup of sugar and one or more tablespoonfuls of cinnamon. Spread this on the dough, roll like a jelly roll, and cut in pieces an inch long. Set in a baking pan close together and when very light bake about half an hour.

QUERY 1834.—"Kindly repeat recipes for Cheese Toast, with Bacon, Chicken Marengo, and Onion Soup."

Cheese Toast, With Bacon

This dish may be made of any variety of bread, but it is particularly good when made of Boston brown bread. While the bread is being toasted, melt two level tablespoonfuls of butter; cook in it one level tablespoonful and a half of flour and one-fourth a teaspoonful, each, of salt and paprika; when frothy stir in three-fourths a cup of rich milk; stir until boiling, then stir in half or three-fourths a cup of grated cheese; continue stirring until the cheese is

melted, then pour over the toast. A slice of crisp bacon is a good addition to each slice of toast. For bacon rolls, roll the bacon, pass a wooden toothpick through it, then fry in deep fat.

Chicken Marengo

Clean a chicken and separate it into pieces at the joints. Roll the pieces in flour into which a little salt and pepper have been added. Have ready in a frying pan some fat tried out of salt pork. There should be fat enough to cover over the bottom of the pan. Put the pieces of chicken into the hot fat and cook until browned on one side, then turn them to brown the other side. While the chicken is browning cook a tablespoonful, each, of fine-chopped onion, carrot and celery in three or four tablespoonfuls of butter or salt pork fat; when the vegetables are browned somewhat, add one-fourth a cup of flour and stir until it is browned, then add a cup of cooked tomato, strained, and nearly two cups of water with a teaspoonful of salt and half a teaspoonful of paprika; stir and cook until the sauce boils, then strain it over the pieces of chicken, disposed in a saucepan; cover closely and let simmer until the chicken is tender. Add half a can of mushrooms, cut in halves. Let stand five minutes (without boiling) to heat the mushrooms, then dispose the whole on a serving dish.

Onion Soup au Gratin or Onion Soup in Petites Marmites

Melt half a cup of butter; in it cook four large white onions, sliced fine; stir and cook the onions until they are softened and yellowed, then add three or four sprigs of parsley, two quarts of rich beef broth and a pint of water and let simmer twenty minutes. Have ready eight *petites marmites*; into each of these put three round slices of French bread, freed from crust, browned in the oven, or toasted, and then sprinkled with grated Parmesan cheese.

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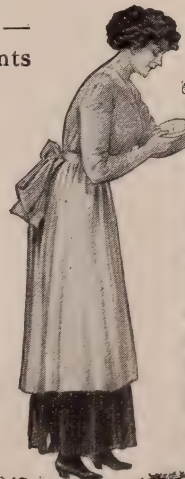
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Strain the soup over the toast, which will rise to the top of the *marmites*; again sprinkle the toast with grated cheese and set the *marmites* into the oven, to melt the cheese and brown it slightly. The soup is now ready to send to the table in the little vessels. If preferred, pick out the parsley and leave the onion in the soup.

QUERY 1835.—“Recipe for a Coffee or Caramel Dessert, published in this magazine about seven years ago—Lady Fingers were used in it.”

Coffee Charlotte Russe, with Jelly

Cook one-third a cup of sugar to caramel. Add a tablespoonful of sugar and a cup of clear black coffee. Stir, and let stand on the range until the caramel is dissolved. Soften a level tablespoonful, scant measure, of gelatine in one-fourth a cup of cold water. When the water is absorbed, add the coffee-caramel mixture, and stir until the gelatine is dissolved. Strain such portion of the liquid as is needed into a mould with a fanciful design at the bottom, and set the mould in ice. Cool the rest of the jelly, if there be any, in a shallow dish, and use, cut in small cubes, to decorate the dish after it is turned from the mould.

Beat one cup of double cream and one cup of cream turned from the top of a quart bottle of milk until firm to the bottom of the bowl. Set the cream aside, to keep chilled. Soften one level tablespoonful (generous measure) of gelatine in one-fourth a cup of clear black coffee. Cook three-fourths a cup of sugar to caramel. Add three-fourths a cup of clear black coffee, and stir until the caramel is dissolved. Then turn into a double boiler. Beat the yolks of two or three eggs. Add two level tablespoonfuls of sugar; mix thoroughly, then cook in the caramel-coffee mixture until thickened slightly. Add the gelatine, stir until dissolved, and strain into a dish set in a pan of ice and water. Stir the mixture constantly until it begins to “set,” then

take from the ice, and mix in a little of the cream. Cut and fold in the cream with care, that the mixture may be smooth. Have ready the mould, with jelly in the bottom and lady fingers trimmed to fit the mould. When the cream mixture is firm enough to hold its shape, set a lady finger in place. Put a spoonful of the mixture at the base to set the cake, and repeat until the mould is lined with the sponge fingers. Then fill the mould with the mixture. Set aside on the ice, to become chilled and firm.

QUERY 1836.—“Recipes for Lobster à la Creole, and Steak à la Stanley.”

Lobster à la Creole

Have ready about a pint of lobster meat, cut in small thin pieces, also one-fourth a cup of blanched rice, cooked tender and drained. Chop fine half a small onion and half a green pepper pod; cook these in two tablespoonfuls of butter until softened and yellowed, but not browned. Add three tablespoonfuls of flour and half a teaspoonful, each, of salt and paprika and stir until frothy; add two cups of well-reduced tomato purée and stir until boiling. Set over boiling water and lightly mix in the rice and the lobster meat. Cover and serve very hot.

Sirloin of Beef, Stanley (Filippini)

Have a sirloin of beef, boned, that weighs two pounds and a half. With a small larding needle lard the top of the beef, lengthwise, with thin strips of pork. Put the trimmings of pork (about two ounces) in a baking pan, add a small carrot and a small onion, cut in thin slices, a branch of celery, cut in bits, two branches of parsley—chopped, a bit of bay leaf, half a clove of garlic, crushed, and two cloves. Lay the sirloin on this bed of vegetables and pork; spread over it two tablespoonfuls of hot fat. Roast in a hot oven thirty-five minutes, turning and basting three

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Old Dutch Cleanser

times. Dispose the sirloin on a hot dish. Heat two tablespoonfuls of thick cream with two ounces (one-fourth cup) of fresh grated horseradish. Have ready three peeled bananas, cut in halves lengthwise, rolled in flour and fried in butter. Skim the fat from the baking pan and add half a cup of brown sauce; let boil five minutes. Strain the gravy around the sirloin; spread the horseradish sauce over the meat, set the pieces of banana on the meat and serve at once.

QUERY 1837.—"Recipes for the use of Almond Meal."

Almond Wafers (Mrs. Rorer)

Blanch the almonds and let dry in a moderate oven without taking color. Grind in a meat chopper. To one cup of this almond butter add one cup and a half of warm water, mix thoroughly then stir in bran, from which all flour has been sifted, to make a hard dough. It will take about one quart of bran. Roll into a thin sheet, cut into two-inch squares and bake in a very moderate oven.

Lettuce-and-Almond Salad

Slice blanched almonds upon heart leaves of lettuce, pour over French dressing and serve at once.

Almond Force meat

Blanch a cup of almonds and pound them, a few at a time, in a mortar until very fine. A meat chopper may be used. Add the almond meal to half a cup of butter, beaten to a cream, then stir into two large cups of bread crumbs (center of a stale loaf); season with half a teaspoonful, each, of salt and pepper, also sweet herbs if desired, and use to stuff ducks, pigeons or fowl.

QUERY 1838.—"Recipe for Bayberry Candles given some years ago in this magazine."

Bayberry Candles

Bayberry candles cost fifty cents apiece, if one buys them. One may

pick the berries and get the wax. The picking is slow work, but the results are so satisfactory that one with plenty of time will not regret spending a part of it in this way. Put the berries into a kettle with plenty of water and keep the water boiling fast. As the wax rises skim and throw it into a small pail of hot water, when the water cools, the wax is left in a little cake on top. When ready to make the candles, fit the wicks in the molds, melt the wax and pour in around the wicks. Bayberry candles burns steadily, giving out a faint aromatic odor. They are a sage green in color and burn more slowly than common candles.

A Zion-Ebenezer Debate

A young negro shuffled into a grocer's with a wide grin on his face.

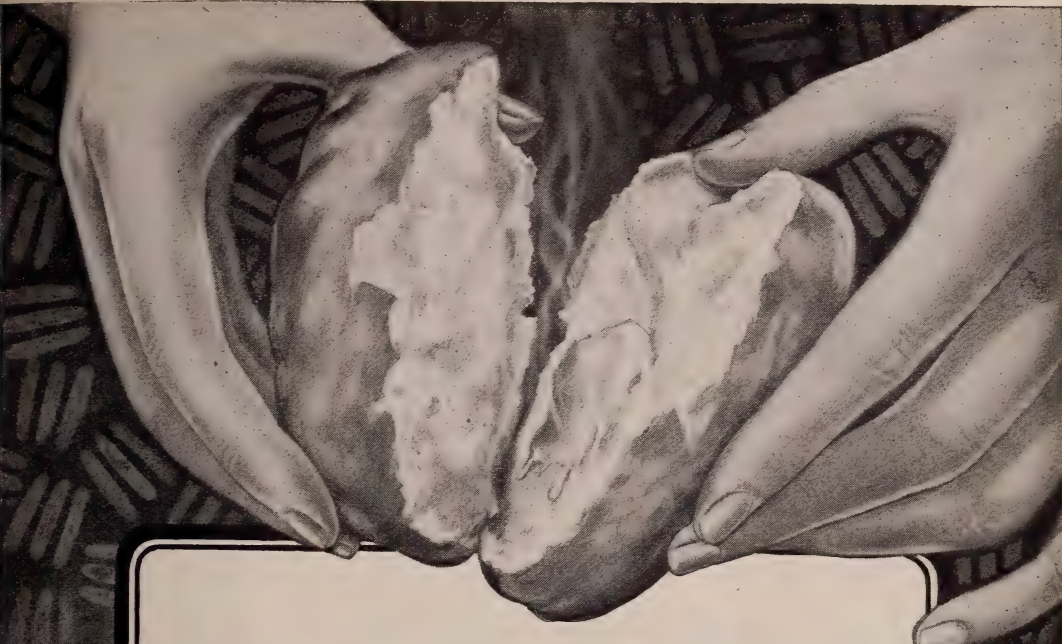
"Say, boss, we alls had a mighty fine debate down to de Zion-Ebenezer chu'ch las' night! De question wuz 'which do de mos' benefit to de negro race—to know jography er rithmetic?' De jography side won kase dat wa' mah side, an' I got up an' tole 'em er niggah whut stayed to home didn't need ter count no money, an' he couldn' go to town 'les he know jography, kase de road ter town ain' in 'rithmetic an' 'tis in jography. So de jography side beat easy! I sho done it!"



Impure air and sickness are caused by OIL and GAS Stoves, faulty furnaces, and dry steam heat. In every living room keep an open vessel containing water and

Platt's Chlorides

An odorless, colorless liquid disinfectant and deodorizer. Sold only in quart bottles. Write to Henry B. Platt, 42 Cliff Street, New York, for free book on Sanitation.



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New Books

A Handbook of Home Economics. By
ETTA PROCTOR FLAGG. 12 mo.
Cloth. 75 cents net. Boston: Lit-
tle, Brown & Co.

This handbook was prepared for use as a text-book and embodies the complete course in domestic science given to the pupils of the seventh and eighth grades in the Los Angeles public schools. It is a manual of cookery, but as the title indicates, it covers briefly all the other phases of household industry, from fire-building to dish-washing. Among the topics treated are the care of foods, the care of the range, the cleaning of metals, rules for serving, methods of laundering, home and school hygiene, and the care of the bedroom. The book furnishes an elementary modern course on an important subject at a low price.

The plan is to give a simple basis

for the pupil to work from, leaving the teacher to present the lesson in her own way. The principal points to be brought out are suggested by questions at the end of each lesson.

For the purpose for which it was prepared and executed the book can be highly commended. As an outline, a hand book, a text-book of Home Economics, it should be helpful to both teacher and pupil.

Principles of Human Nutrition. By
WHITMAN H. JORDAN. Cloth.
\$1.75 net. New York: The Mac-
millan Company.

It is evident this volume was not prepared for use with students who have specialized in organic and biological chemistry. The object in view was rather such a presentation of the subject-matter related to human nutrition as would be more or less adapted to popular use, but particularly to instruction of students with moderate scientific acquirement, whether in colleges, secondary schools, short course schools of domestic science, or correspondence schools. The reliable knowledge bearing on the nutrition of man is mainly to be found in elaborate works on physiology and physiological chemistry, the contents of which are not generally available. Moreover, the highly technical facts are usually not centered around a philosophy of living. The aim here has been to show the adjustment of this knowledge to a national system of nutrition without insisting upon adherence to technical details.

From the foregoing point of view, and in accordance with the latest facts, we have here a thorough and scientific discussion of the principles of human nutrition, or a very comprehensive study in practical dietetics.

The book is made up of facts, scientific analysis, and the practical bearing

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quality and durability considered is lower in price than any other glassware made. The glass itself is crystal clear and of the finest finish. The workmanship will satisfy the most critical.

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This is one of the most delicious combination of flavors that can be found.

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Use the Tea one week—if it is not better than any you have ever used, return what is left, and we will refund your dollar.

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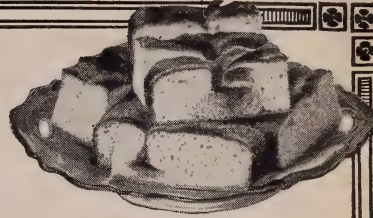
of these on human nutrition. It provides a source of timely information that will suffice to satisfy the wants of teachers and students of dietetics everywhere. The chapters on Food Economics and Vegetarianism are especially readable and instructive. In the former of these the author says:

"In recent times there has been a widespread discussion over the cost of living, and many have attributed the advance in the prices of food materials to their wasteful use. While doubtless several factors are involved in the situation, the enormous waste of food in the United States is not to be doubted. This comes about through careless servants, ignorant methods of preparation in the family kitchen, unskilful cooking, and especially from the very large proportion of refuse, originating in high-class raw material, that goes out from boarding houses and hotels. It is probably not an exaggeration to claim that the people of this nation waste enough raw food materials to properly feed half their number. If our raw foods were economically utilized and this waste was stopped, we could export more wheat and meat or other products, and the means saved could be turned to useful ends.

"Moreover, a generous part of our population lives under certain conditions at an expense that is a great drain upon individual and social energy. A simple breakfast, at a high-class hotel, of fruit, cereal, eggs, potato, and bread and butter, together with a ten-cent fee to the waiter, costs the partaker not less than \$1.25,—a sum that would pay family board for five meals, or would buy the raw material necessary to feed one person for at least three days. The price of this hotel meal is made up only in small part of the cost of the raw food materials, but comes largely from the absorption of capital in an expensive building and in elaborate equipment and service. The habitues of hotel tables pay more for their environment and

German Coffee Cake

Made according to the recipe below is delicious for breakfast with a cup of coffee or for afternoon tea. To get an especially rich and creamy flavor, use



BORDEN'S EAGLE BRAND CONDENSED MILK



RECIPE—Dissolve eight teaspoonfuls of Borden's Eagle Brand Condensed Milk in two cups warm water. Add two eggs, one-third cup butter, one-fourth cup sugar, one yeast cake dissolved in the liquid when cool; flour enough to make a batter (not too stiff). Mix all with a spoon. Raise overnight. In the morning put in pan and raise again. When ready to put in oven, brush over top of cake with sugar and water. Dot the top with pieces of butter. Mix one teaspoonful of cinnamon with half a cup of granulated sugar and sprinkle top all over. Bake in moderate oven. This makes one large cake.

Write for Borden's Recipe Book.

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manner of life than they do for what they eat. Now, if our living was more simple, and our flour, meats, vegetables, and fruits were used with maximum economy, the saving would support public utilities, extend charities, pay the national debt, and in other ways contribute to the higher aims of social life, besides promoting good health. In fact, the people of this nation, with a given amount of energy to apply in one direction or another, is expending an undue proportion of its activities in paying for expensively compounded and expensively served foods, with a corresponding limitation of the means which might secure larger individual and social values."

Protection of Wild Birds

When so much has been written and said about the destruction caused by insect life such as the boll weevil, strawberry weevil, pea weevil, potato bug, house-fly and many others, why is not more said and done to protect the wild birds, the farmers' best friends? How is it that in England you will see 50 birds to every one you will find over here? They are protected and rightly so. Of course, we all know that there are a few birds that do a good deal of harm and others that do both harm and good, but the balance is on the latter side. This cannot be said of insect pests. Even the much-despised English sparrow does far more good than the harm he is always accused of doing. In the old country they are not troubled nearly so much with flies, bugs, weevils or any other kind of insect, and this I attribute chiefly to the feathered tribe. They destroy millions of insects and by so doing lessen to a great degree the harm done to crops by insects, which is far more destructive than that caused by the worst kind of birds. I think that some method of protection should be employed in this country for wild birds, for the more we have of them the less we will have of destructive insects.

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Simply put the dishes in the Dryer, pour hot water over them. The Dryer does the rest. No streaks or lint. No fine china chipped. The most delicate glaze is not affected.

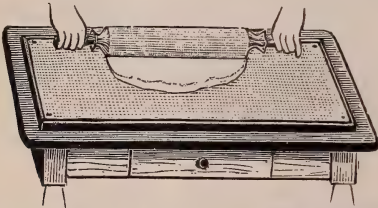
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Perfection Dish Dryers are sold under a positive guarantee. Send \$1.50 for the dryer (new and improved form, bright tin finish). Use it according to directions. If at the end of thirty days you find that you can do without it, we will refund your money.



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On a Much-Needed Revolt in the Household

Concluded from page 443

Mothers! Doesn't the idea of it tempt you?

Of course you will say that I am unsympathetic, and that, not being myself the mother of a superb young person, I cannot judge the situation fairly. Yet somewhere in your harassed, Kitty-ridden mind I think I can detect the glimmer of a possibility. Act upon it the very next chance you get. Remember that you, too, are a person, and that you owe it to Kitty no less than yourself not to let your personality be swamped. And remember that the victory, however small (for it is bound to be a victory), will be hailed with congratulation as the dawn of a new era by your sympathetic, though SPINSTER SISTER.

Idleness

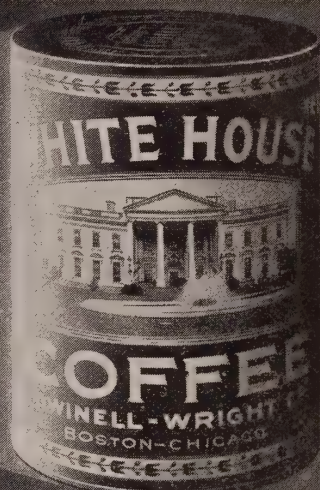
"I have just emerged from the 'slough of despond,' said a young man to me not long ago. "For more than a month I was forced to loaf, and if there is anything worse than that I don't know what it is. Now I have work. Every morning when I wake I know that I am needed at the office. It is great to be needed—even by an office." When he passed on I thought of what Charles Kingsley said. "Thank God every morning," said he, "that you have something to do that day, whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle will never know."—*Character.*

Hostess: "And does your mother allow you to have two pieces of pie when you are at home, Willie?" Willie: "No, ma'am." Hostess: "Well, do you think she would like you to have two pieces here?" Willie (confidentially): "Oh, she wouldn't care. This isn't her pie."

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The Boston Cooking School Magazine,

Boston, Mass.

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 A saga of the days of old."
 —Longfellow.



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all over the world are using the BISSELL Sweeper, and with the facility, ease and thoroughness with which it performs its work, housewives and servants are given more time for other duties. It is a useless waste of energy and an inefficient method of sweeping to

use a corn broom, and just consider the injury to fine carpets and rugs as compared with the gentle though thorough operation of the

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The rapidly revolving brush of the "BISSELL" lifts all the dirt and grit out of the carpet, depositing it in the pan receptacles, whereas a corn broom simply scatters the dirt and dust, never doing its work thoroughly.

A trial of the "BISSELL" will make you regret those years of wasted effort, and once you know how the "BISSELL" cleanses and brightens your carpets and rugs, and confines the dust, and how quickly and easily it performs its work, you would not be without one of these machines for ten times its cost.

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[16]

Opportunity

No man ever ruled other men for their own good; no man was ever rightly the master of the minds or the bodies of his brothers; no man ever ruled other men for anything except for their undoing, and for his own brutalization. The possession of power over others is inherently destructive—both to the possessor of the power and to those over whom it is exercised. And the great man of the future, in distinction from the great man of the past, is he who will seek to create power in the peoples, and not to gain power over them. The great man of the future is he who will refuse to be great at all, in the historic sense: he is the man who will literally lose himself, who will altogether diffuse himself, in the life of humanity. All that any man can do for a people, all that any man can do for another man, is to set the man or the people free. Our work, whensoever and wheresoever we would do good, is to open to men the gates of life—to lift up the heavenly doors of opportunity. This applies to society as well as to the individual man. If the collective man will release the individual man and let him go, then the individual will at last give himself gloriously, in the fullness of his strength, unto the society that sets the gates and the highways of opportunity before him. Give men opportunity, and opportunity will give you men; for opportunity is God, and freedom to embrace opportunity is the glory of God.—
Doctor George D. Herron.

And A Bargain at That

A little boy had got into the habit of

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Food, health, housekeeping, clothing, children. For home-makers, teachers and for well-paid positions.

"The Profession of Home-Making," 100-page handbook, FREE. Bulletins: "Free Hand Cooking on Scientific Principles," 48 pages, 10 cents. "Food Values: Practical Methods in Dietetics," 32 pp. ill., 10 cents.

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Try this: Juice of three lemons, one orange, one quart water, one cup sugar and one pint Welch's. Serve cold.



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Unlike other goods. Ask grocers or sample, write For book

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MAKE MONEY HERE



AGENTS! DROP DEAD ONES. AWAKE! GRAB THIS NEW INVENTION! THE 20TH CENTURY WONDER

Get started in an honest, clean, reliable, money-making business. Sold on a money-back guarantee

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Kornlet is the milky pulp of sweet green corn, extracted from best ears by a process which rejects the hull or skin of the kernel. Thus,

Kornlet

is easily digested, very nourishing and *wholly* delicious. Your family will love it in soup or in griddle cakes.

Don't confuse Kornlet with *Canned Corn*. It takes but five ears to make an ordinary can of corn—it takes nine large ones to make a can of Kornlet. Winter or Summer, Kornlet gives you the fresh, delightful flavor of green sweet corn. Try it to-day.

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503 W. 69th St., Chicago.

saying "Darn," of which his mother naturally did not approve.

"Dear," she said to the little boy, "here is ten cents: it is yours if you will promise me not to say 'Darn' again."

"All right, mother," he said, as he took the money, "I promise."

As he lovingly fingered the money a hopeful look came into his eyes, and he said. "Say, mother, I know a word that's worth fifty cents."

A Scotch class was examined in Scripture. "Can any boy or girl here tell me how Noah would be likely to use his time while on the ark?" asked the inspector. One boy timidly showed his hand and replied, "Please, sir, he wad fish." "Well, yes, he might," admitted the inspector. Another little fellow waved his hand, excitedly, and said, "Please, he couldna fish vera lang." "What makes you think so, my little man?" "Because there were only twa worms in the ark."—*Christian Commonwealth*.

The child of strict parents, whose greatest joy had hitherto been the weekly prayer-meeting, was taken to the circus by his nurse. When he came home, "O mummy," he exclaimed, "if you once went to the circus, you'd never go to a prayer-meeting again in all your life."—*Christian Life*.

Butler: "There's a man below to see you, sir." Mayberry: "What did you tell him?" Butler: "I told him you told me, if it was a lady, to say you were in, and, if it was a man, to say you were out." Mayberry: "What did he say then?" Butler: "He said to tell you he was a lady."—*Harvard Lampoon*.

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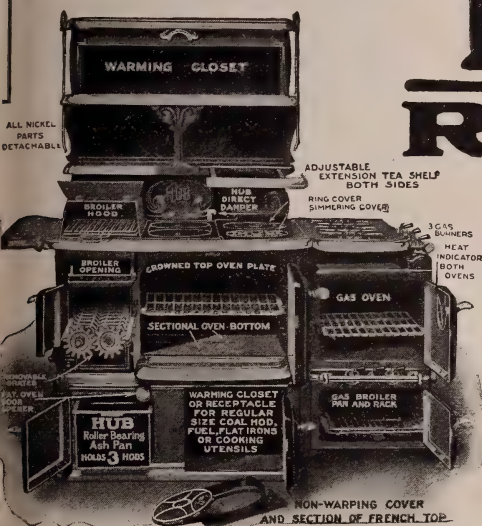
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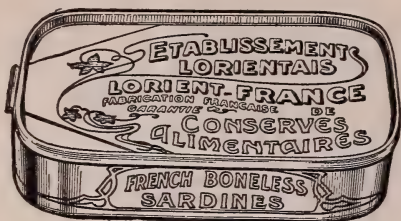
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Hot Cross Buns

1 Fleischmann's yeast cake	$\frac{1}{2}$ a cup of sugar
1 cup of milk, scalded and cooled	$\frac{1}{2}$ a cup of butter
1 tablespoonful of sugar	$\frac{1}{2}$ a cup of raisins or currants
	$3\frac{1}{2}$ cups of sifted flour
	1 egg
	$\frac{1}{4}$ a teaspoonful of salt

Dissolve yeast and one tablespoonful sugar in lukewarm milk. Add one and one-half cups flour, to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draft—about one hour. Add butter and sugar, creamed, egg well-beaten, raisins or currants, which have been floured, rest of flour, or enough to make a soft dough, and salt. Turn on board, knead lightly, place in greased bowl. Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns, place in well-greased pans about two inches apart. Cover and let rise again—about one hour, or until light. Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.



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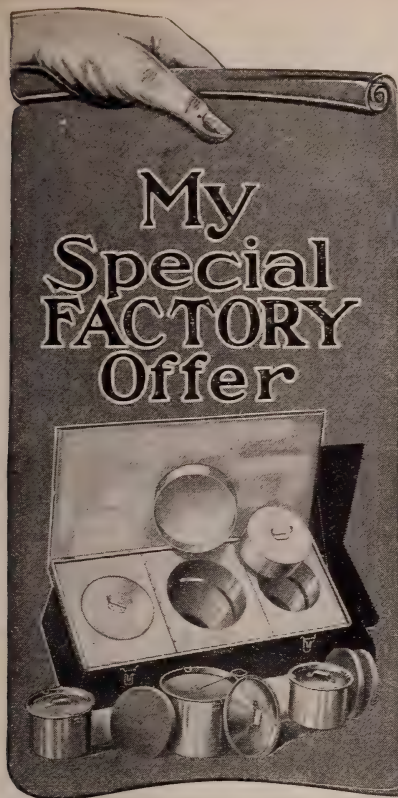
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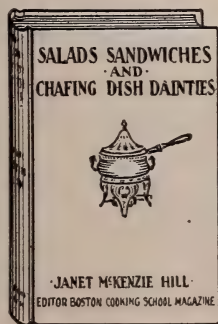
Salads, Sandwiches and Chafing-dish Dainties

By Mrs. JANET McKENZIE HILL, Editor The Boston Cooking-School Magazine

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SALADS and chafing-dish dainties are destined to receive in the future more attention from the progressive housekeeper than has as yet been accorded to them. In the past their composition and consumption has been left chiefly to that portion of the community "who cook to please themselves." But since women have become anxious to compete with men in every walk of life, they, too, are desirous to become adepts in tossing up an appetizing salad or in stirring a creamy rarebit. The author has aimed to make it the most practical and reliable treatise on these fascinating branches of the culinary art that has

yet been published. Due attention has been given to the a b c of the subjects, and great care exercised to meet the actual needs of those who wish to cultivate a taste for palatable and wholesome dishes, or to cater to the vagaries of the most capricious appetites. The illustrations are designed to accentuate, or make plain, a few of the artistic effects that may be produced by various groupings or combinations of simple and inexpensive materials.

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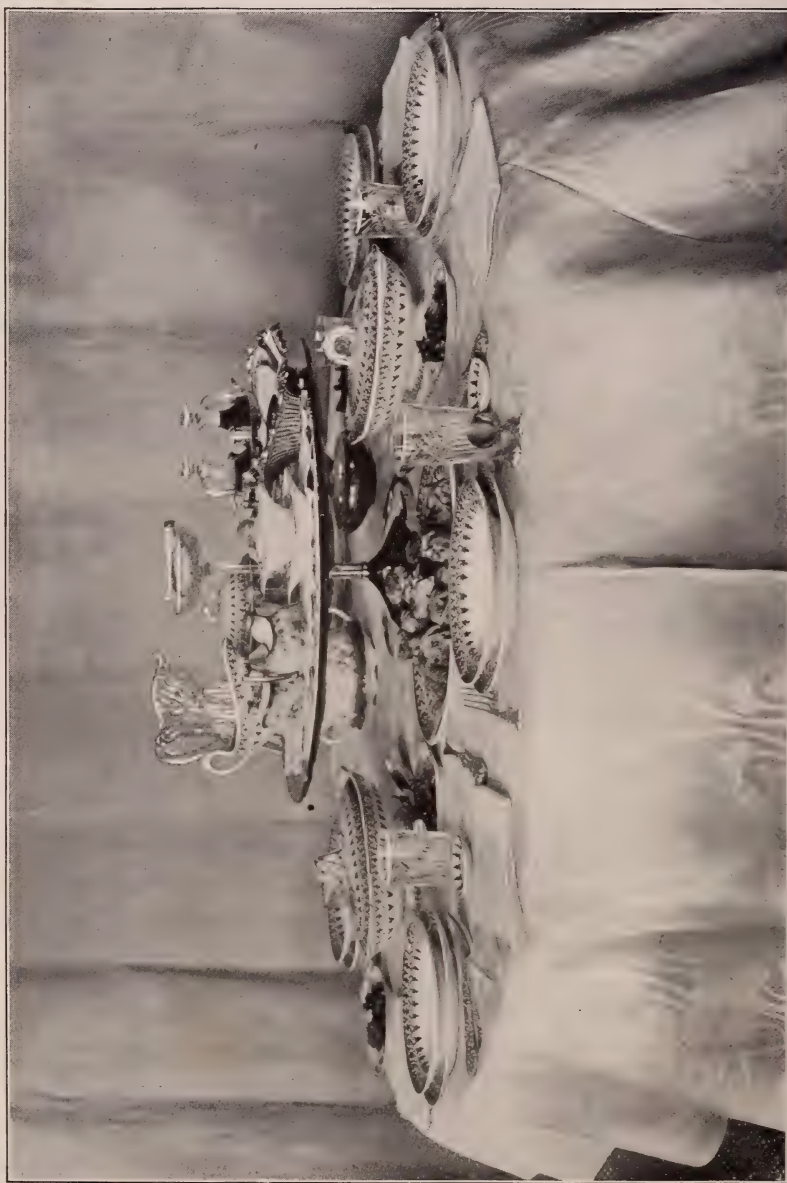
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Dishes Cooked to Order for Tea Room or Restaurant

Asparagus Omelet
Omelet, Jardinière
Eggs en Cocotte, Creamed Asparagus
Eggs en Cocotte, Jardinière
Eggs en Cocotte, Mexican
Mexican Rabbit
Tomato Rabbit
Rabbits, Golden Buck Style
Onions Stuffed with Mushrooms, Parker House Rolls
Onions Stuffed with Pecan Nuts, Parker House Rolls
Asparagus, Maltese Sauce
Asparagus, Hollandaise Sauce
Asparagus, Cheese Sauce
Asparagus, Browned Butter
Broiled or Baked Mackerel or Blue Fish, Mashed Potatoes, Cucumber Salad
Finnan Haddie, Delmonico
Mixed Grill (lamb chop, sausage, chicken-livers and bacon)
Mixed Grill (lamb chop, kidney, slice of ham, maitre d'Hôtel)
Mixed Grill (beef tenderloin, sausage, chicken-livers and bacon)
Mixed Grill (Hamburg steak, sausage, tripe, bacon)
Mixed Grill (Hamburg steak, slice of ham, two slices of tomato)
Mixed Grill (lamb chop, lamb's-liver and bacon, sausage)



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The Boston Cooking-School Magazine

VOL XVI

MAY, 1912

No. 10



A MOSQUITO POND TRANSFORMED

The Winsome Water Garden

By Mary H. Northend

DURING the heated term, no feature of the grounds conveys to us more sense of satisfaction than does water—a fountain playing on the lawn, or a water garden in a dimpled hollow. They bring before our mental vision the sparkle of distant streams, and the lure of far-off water lilies, smiling upon the sunlit surface of some lake, once dear and familiar.

No other flower has the same attrac-

tion, as the water lily, on account of the exquisite purity of its waxen petals, and the delicious fragrance which is like the soul of the flower made manifest to our mortal sense. We can but wonder at the mystery by which the mud and slime at the bottom of the pond can be transmuted into a form so perfect.

The lilies in our illustrations seem quite entirely at home, as if in their native haunts; so, too, the bushes and

small trees that form a rank growth in the swampy ground about the edge of the pond. Yet Nature has not done this unaided, for these lilies are an acquired, and not a natural growth.

When the present owner bought the estate, he found near his house an unsightly swamp that bred mosquitoes. Therefore, he made haste to dig out enough of the black meadow muck to change the wettest portion of the bog into a real pond. This black soil from the swamp makes a valuable fertilizer for use upon the upland, so that no loss resulted from this labor.

When he had connected the newly-made pond with the brook which had always formed the natural outlet and partly drained the swamp, he next bought lily roots from the owner of a pond near by. These were set directly into the mud at the bottom, so that they might take care of themselves, both winter and summer.

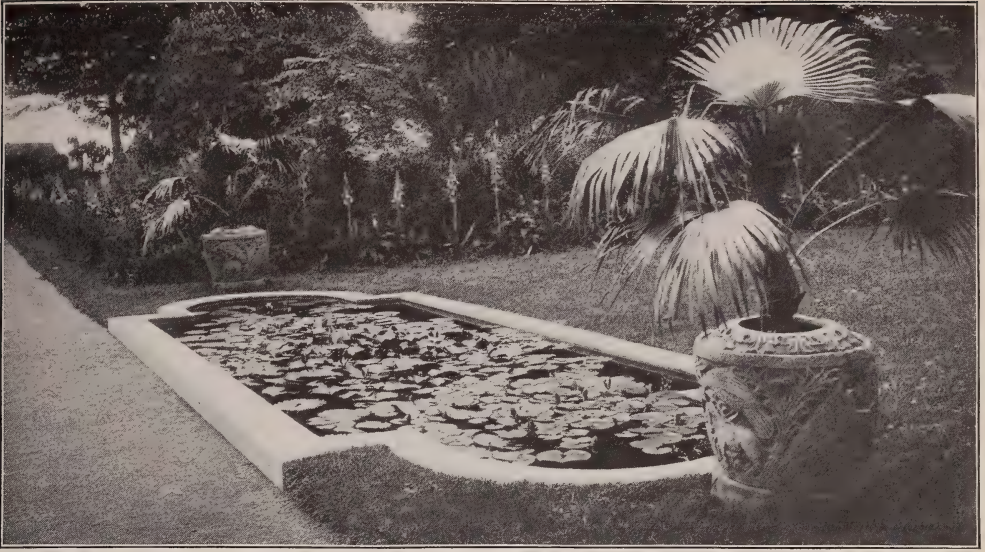
As soon as he found that the plants had taken root and were growing as they should, so that he would not need to disturb the water further, he bought several hundred young fish, and set them at liberty in the completed lily-pond. These fish have successfully taken care of the mosquitoes, which had been accustomed to breed in the place.

Thus by careful and intelligent planning, the very spot, which had once been an eyesore and a source of annoyance, became a dainty bit of picturesque beauty.

Nearer to the house, so close that it can be overlooked from the windows, while its fragrance is borne to the verandas by every passing breeze, is the water garden. Set in a hollow between two ledges of rock, the basin is built with sloping sides; it is about two feet deep, and is lined with an inch-thick coating of cement, which makes it water tight.



AN ORNAMENTAL POOL



LILY POOL WITH CEMENT COPING

A supply-pipe enters at the bottom of the tank, and an over-flow pipe leaves it at the upper edge. This plan regulates the height of the water to absolute uniformity.

The lily roots, in this case, are planted in shallow tubs, so that they may be stored in the cellar during the winter season. The soil in these tubs should be very rich, consisting of garden loam mixed with an equal quantity of scrapings from a cowyard.

A few goldfishes are kept here, to guard against mosquitoes. This makes it necessary to screen both pipes with a wire net, meshes of which are too fine to let goldfish through. In the winter time, the little fish live in a glass tank that stands just inside a north window, and are regarded as interesting pets for the household.

A third pool is so contrived to fit into the natural hollow of a ledge that very little cement is needed to enclose it at each end, where the stones are set above the cement, and the turf grows down to the water's edge. The planting of rock roses at each side has added to the beauty of this water garden, which is further set off by its background of gravel walk, with a border of iris and fox glove.

It has pipes for supply and overflow.

In the next illustration, the cement lining is extended to form a coping about the pool, in imitation of stonework. The lily pond forms the central theme of a little garden spot which is laid out trimly, in quaint adaptation of a formal garden. Such a bit of beauty is within the means of almost anybody who has a little time to dig among the flowers. Its neat and orderly simplicity makes its own appeal to cultivated taste.

However, no setting of any kind is necessary, for lilies will grow in tubs upon a stone pavement, if they have but sun and water. A woman of my acquaintance grows them in her back yard, in tubs made from a half flour-barrel, strongly wired about the hoops, to hold it together. The tubs are set along in a row, on the sunny side of a fence.

Another friend has a water garden in an old washtub. It is devoted to just one variety of plant, and that is the lovely water hyacinth. In early winter, two men carry the tub into the cellar, and place it where it will be safe from frost. When the first warm days come in the spring, they bring it out and set it in an out-of-the-way corner of the

sunny back piazza. Here it briskly sends out new leaves and buds, so that all summer long it is a perfect mass of bloom in the most exquisite color.

A stone jar can be used for the purpose, and great vases such as those shown in the illustration are very inexpensive, if made, as these are, of simple cement. Thus a cement vase can be used by itself, to decorate an entrance, or it can be combined with the small cement basin of the ordinary water garden.

It is pleasant to keep some features of our lawns and gardens permanent from year to year. It is good to know, in this world of changes, that even one

thing is sure, and that the appearance of the same old flowers in the same old places is reasonably certain. This is only one reason, and perhaps not a very good one, why some of us continue to cherish water gardens.

It is probable that many more persons would do the same, if they were not frightened by two bugaboos. One is ignorance of a construction which is really as simple as digging a hole and daubing the sides with clay. The other is an exaggerated idea of the expense, which varies from the price of a flour barrel to the amount paid for the cementing of a cesspool, a cistern, or a cellar floor.

The Genesis of Roast Duck

By Jessie Garwood Fritts

IT was the Summer Boarder's first visit to a duck farm, she had never before seen more than three ducks on a pond in her life. To find fifteen acres inhabited by 40,000 white feathered waddlers joining in a mighty chorus of quacks was almost as overwhelming as her first view of the ocean. Indeed, this farm seemed quite as vast and limitless; for beyond the long rows of pens filled with billowy whiteness, through the vista of trees, masses of white could be seen moving in stately procession across the smooth surface of a chain of ponds. No self-respecting duck can get along without a pond. Madame Duck is never so much herself as when in the water; here she assumes swan-like graces and turns up her yellow bill at her waddling sisters ashore.

Such a picture of poultry loveliness in its home environment is calculated to add or detract from the epicure's delight in roast duck according to his temperament.

Whether one does one's own marketing or orders meals *à la carte*, the price



IN MINIATURE



WATER-VIEW OF DUCK FARM

of duck is always sufficiently high to place it in the list of table luxuries. And ducks of the first water, it seems, always wear to market a tag bearing the trade-mark of the farm from whence they come. It used to be the fashion to serve this label with the duck, but let a man be assured that his liquor and cigars are of the desired brand, and the chances are he assumes that everything else is of the best and he is careless of the pedigree. To this indifference is probably due the passing of the poultry tag. No longer does the foot of the fowl, decorated with the emblem of the farm on which it was hatched, garnish the platter. But the absence of this outward sign has not diminished the excellence of the dish in the tiniest degree, at least so far as the producers of poultry are concerned. The big poultry farms of the country that cater to the fine trade are constantly raising a higher standard and climbing up to it.

Yet the manager of a modern "duckery," covering fifteen acres and stocked with more than 40,000 white feathered birds, will tell you that he "knows a duck from a drake and that is about all." This remark might have

been attributed to natural modesty, if he had not said later, that not a week goes by that they do not receive letters asking about the care of ducks and their feeding.

"Some go as far as to ask us to teach them the business for a two-cent stamp," he added with a laugh.

"We have been raising ducks for nineteen years and have raised nearly 3,000,000, but we are conscious that we have still much to learn of the duck business. What we do know has cost us thousands of dollars and we can hardly undertake to teach competitors."

At Stroudsburg, Pa., the commercial center of the mountain resorts of the Delaware Water Gap, "the duck farm" is one of the show places of that region, or would be, if the constant stream of visitors had not made it necessary to limit hospitality.

"You can never have fat ducks with unrestricted visitors," said the manager. "Our plant is located in the midst of a large summer population and we have been forced to bar out all visitors. When we tell you that on one day we counted 400, you can see the reason why. It took all of one man's time to

show them around and it was generally demoralizing to the business."

The no-trespassing signs are conspicuous now. These rather rigid rules might have been inspired by a matronly German person who persisted in amusing her own brood of seven by opening and shutting her umbrella at the ducks.

The equipment of the farm is entirely modern and up-to-date, and improvements are constantly being made. The manager is a "fresh-air fiend" and has lately reconstructed the winter quarters on a model ventilating plan.

"I'm sure we have lost thousands of ducks from lack of fresh air," he said. "Now we turn them right out in the snow when they are three days old."

On entering the brooding houses a row of sticks about three feet long, placed three feet apart, was conspicuous against the side walls. They were hanging down and on the end of each dangled a square piece of cloth.

"A city man was out here one day looking around, and when he saw these

he didn't know what to make of them," explained the guide. "'Well,' he said, 'I thought you kept everything pretty clean, but I didn't suppose you gave the ducks napkins to wipe their bills on'."

Then came an explanation as to what the "napkins" were for. The sticks were attached to one long swinging bar, and, by pulling a string at one end, there was a fluttering of cloth and a general scattering of ducks. They have a habit of huddling together, it seems, and this device affords a quick and easy way for "shooing" them into activity.

Another passing fad of the poultry realm has been the "celery-fed" ducks. This fad was due more to the fact that it sounded well than to any superior flavor imparted by the method of feeding. On this farm celery has not been used for several years, and ordinary green stuff is considered just as good for all practical purposes.

About four o'clock the wave of sound, produced by forty thousand persistent and continuous quacks, grows louder and louder. It is supper time and there



LAND-VIEW OF DUCK FARM

is a gathering of the clans in the pens nearest the breeding houses. The fragrance of a mixture of grains and green stuff, with hot soup, fills the air. This sweet and savory smell has penetrated to the farthest corner, and in a distant swimming pool all water maneuvers cease. There is a scramble for dry land, but even in their hurry the ducks have time to fall in line and they march in to supper with as much military dignity as though they were headed by a drum major and a brass band. Several hundred ducks in solemn single file can rob a waddling gait of all absurdities.

Bones from the butcher shops in the vicinity form the foundation of the soup stock. The bones are put through a grinder run by a six horse-power engine. The final mixing is done by ma-

chinery, and a wagon load of food can be turned out in three or four minutes. The old-fashioned hand machine took two hours.

The Summer boarder had read somewhere that ducks were a very little trouble. All you had to do was to feed them and keep them warm in winter. In summer their cost of living was no bother, because they would swim all day and eat water cress, which spoiled their appetite for regular meals, but made them plump just the same. All such sweetly simple rules for duck raising vanished at the close of this interesting demonstration of scientific poultry farming and she did not wonder that some roast duck is a delectable delicacy, or that the cost of feeding on this farm averaged \$14,000 a year.

Violets

Dust are the hearts of Caesar's haughty line;
And all the glory that their Rome once knew
Scattered, as on the winds, the whole world
through:
Lost in the years that seem all yours and
mine.

Yet sped they not on conquest to new globes;
Some humble heart doth still retain their
pride,
As here, beneath our rude, unheeding stride
Lie fragments of their rich imperial robes.
CHARLES ELMER JENNEY.

Mary's Husband

By Helen Forrest

AS Jean descended the steep flight of stairs that led to the main floor of the little hotel in Amsterdam she saw on the ascending side of the double, ladder-like stairs her fiancé, the man she had known as Mary's husband.

As their eyes met each came to a dead halt, thereby stopping temporarily, but completely, the tide of traffic. Her face had flushed, then paled at the sight of him, her eyes were now distinctly hostile. Mary's husband was slightly troubled, but determinedly hopeful. He turned, in defiance of the laws of the listless little hotel, began the descent of

the ascending side, and they met at the foot of the stairs.

"Don't take it that way, Jean," he said soberly, "let's have it out while we are by ourselves."

They passed into the tiny, empty salon where Jean stood at bay, with a rustle of crisp silk under her severely tailored skirt. Her sunbrowned cheeks had flushed, and her blue eyes were dark and troubled. It seemed that Mary's husband was unwelcome, though his sober, good looking manliness were well calculated to please a woman.

It was Jean who spoke first, and her breath came a trifle quickly:—

"Why did you come here, Jim? It wasn't fair! Can't you see why I felt that I had to come away from home, and everything, to think things over alone?"

Mary's husband smiled reassuringly; his thirty-five years seemed far older than Jean's thirty-two, with her left-over girlish emotions writ on her sensitive face.

"Now, see here, Jean," he began, "I am playing fair, and I didn't expect to see you here." He broke off at a curious look in her eyes, which he could not believe to be disappointment. "I ran over on a hurried business trip, and I'm going back to-morrow. I had to come to Amsterdam, and I've always wanted to see the island of Marken, so this morning seemed my chance to go; I thought you were in Switzerland."

He turned to her abruptly, his cheerful voice grown suddenly pleading. "Now I am here, Jean, won't you say you are glad to see me? It's lonely work waiting for you to think things out; you see *my* mind was made up so long ago."

Her eyes hardened: "Your mind was made up for you, Jim, that's why it is so hard for me."

There was tragedy in the air; the man broke in abruptly: "Jean, can't you believe—but she stopped him, sat down, and nerved herself to a question.

"Where are the children this summer, Jim?"

"Babe is at Mother's" he answered quietly, "and Jimsy is at a boy's camp in New Hampshire."

"He's too little," broke in Jean; "he ought not to be away from home."

"Home!" he echoed, and for the first time there was a note of bitterness in his voice; "it isn't much of a home!"

There was a dead silence; the girl's faltering eyes, and the man's steady ones were looking beyond the sunny canal and its slow-sailing boats before them, to a picture burned in on both their memories nearly two years before.

Mary dying in her sunny bedroom, going down suddenly when everything seemed favorable—the children in the nursery across the hall where Jean, horror-stricken by the sudden summons, had passed them. The three of them, Mary, Jim, and Jean, left for a moment alone in the familiar room where a breath of violet sachet from a half-opened drawer of the dresser was struggling with a clean, sharp odor of disinfectants; the dying eyes, brilliant with fever, turned from one to the other, and Mary's own voice with its childish, soprano note speaking those unbelievable words:

"Jean, Jim has promised me, and you've got to promise, too; he's willing if you are; Jean, you've got to marry Jim; say you will; I know you'll be good to my babies."

The nurse beckoned to her from the softly opened door; Jean had turned with the impulse to escape from an impossible situation, but Mary's pretty hand held her.

"Jean, you mustn't leave me till you've promised. This is Good Bye; they won't let you come again."

Half blinded with tears Jean had thrown herself upon her knees by Mary's bed—poor little Mary going on her first lonely journey—beyond, the tragedy of Jim's anxiously white face, and the pity of it all came an inconsequent thought, that in all their years of friendship she had had to help Mary out when things were going wrong. She rose steadily: "Mary, I'll do anything you want me to do," pressed her lips to the hand that still held hers, and hurried from the room while she could yet speak.

It was nearly two years since her wretched problem had settled down upon her. First the weirdness of it—she, Jean, whose ideals of marriage had kept the possibility of it remote, engaged to a man whose wife lay dead in his house! She was engaged to marry Mary's husband, because Mary asked her to. Was she in honor bound to marry Jim, who,

perhaps, would rather marry some one else; but wasn't it all necessary because of the children? Ought she to release him; but for the last few months she had been facing a new paralyzing complication, could she bear to let Jim go?

Mary's husband broke in upon her miserable reverie:—

"Jean, there's something I'm going to tell you; I've debated it in my mind for almost two years. In a way, it is sacred between Mary and me and that last night; but after all, it's your life and mine, now, Jean, and perhaps I can help a little to make things clear between us."

"Go on!" said Jean; she was listening breathlessly, leaning slightly forward, her gold-mesh bag had fallen to the floor.

"When Mary knew," went on Jim, "and in some way she did know, though no one told her, she said I must marry again. It seemed monstrous to be discussing it with her at such a time, and I tried to talk of something else—tried to have her save herself and not talk at all, but the nurse advised to let her say what was in her mind.

Mary said she wanted me to marry Elsa Robinson; you know she always liked Elsa, and wanted me to promise. Jean, can you think what a place I was in? Well, it was my life she was planning; I consider a promise sacred, and I told her I could not marry Elsa. She named two others of the set, and I refused. I can't tell you the horror of it; then she said, 'Jim, you choose'."

There was a pause; the girl raised desperate eyes to his:

"Jean, I chose you; I never dreamed of your knowing it then. That was late in her last night, and she *would send* for you early that morning. I didn't mean to make things so hard for you, but," his voice sounded stern; "I'm glad, glad that I have your promise."

She stopped him by a gesture; she seemed suddenly young, flushed, and dewy-eyed, strangely embarrassed.

"Jim, I'm glad you told me," she be-

gan, "but I can't seem to talk to you now, I feel as if things were all changed between us. Come in to-night, can't you? Don't stay now."

But Jim, too, was changed; hers was the hesitancy, his the master note.

"I can't come to-night, Jean, I've got to go back to Rotterdam to get the boat, you know I sail to-morrow. I want you to go out to Marken with me to-day; we'll talk about the weather, or anything you like. I'll play fair, that's your word, isn't it? But I don't want to be sent away." He picked up the little gold-mesh bag, and gave it to her.

"All right," she answered quietly, "I'll go; I'll just get my coat and speak to the Browns; they'll think I am lost. Why, Jim, you know the Browns, don't you want to see them?"

"Lord, no!" he responded briefly, "and we have to hurry if we catch that 10:30 boat." As they left the hotel the deserted Browns gazed curiously from a second story window.

"Did you ever see Jean so waked up, Mother? Who is Mr. Evans, anyway?" Her mother joined her.

"That man in the blue serge? Why that's Jim Evans, poor Mary's husband. You see he's taken off his mourning."

"Well, what do you know about that," queried the daughter slangily, and an eloquent silence ensued.

The man and the girl walked briskly to the quay opposite St. Nicholas' Church where the big, flat canal boat lay ready for the first stage of the journey to Marken. A holiday mood had come over them, and Mary's husband ventured a hopeful whistle to a sturdy dog fastened to a small milk wagon, and resting upon the bit of carpet which his fellow-toiler, a red-armed, wooden-shoed girl, had put down for him while she delivered milk at a nearby door.

"Jimsy would like that," volunteered Jean, a trifle bashfully.

"I'd rather he didn't see any such arrangement," responded Jimsy's father, with the wisdom born of experience;

"he'd try to hitch up Teddy, and then there would be trouble."

Out from the big canal, under the perilously low city bridges they went, changing to a little house boat that was poked along the narrow canals by a long pole in the hands of a boy walking easily on the green tow path. The boat scattered the unconscious ducks, passed almost in touching distance of the black and white cattle on the shore, and the picture wind-mills towering everywhere.

A brief sail on a modern boat built for the tourist trade, a rapid transit through blue water to a distantly seen island, low lying shores, and a sudden growth of gaily painted houses, rising as if from stems on long piles on either side of the sea-dykes. Behind these rose the sharply pointed sails of the newly returned herring fleet.

Jean followed her fiancé in to what appeared to be a company of Dutch dolls; Jim inclining to the belief that a poster from Babe's nursery had come to life. She gazed from her correctly tailored, trim companion to the men of Marken, long-haired, with dull, wondering faces, their trousers like pleated skirts gathered in at the knee, looked from Jim's quiet good-breeding to the crowd of rampant tourists that was pushing from the boat, and wondering if fate, sometimes, does better for us than we could have done for ourselves.

They passed groups of little children, the girls in white caps with fascinating fringes of gilt hair, full little woolen gowns and the inevitable wooden shoes, and, standing or sitting, they were always knitting with an incredible swiftness.

It was open house, on the island, on the days when the boat put in; doors stood hospitably ajar, and smiles and welcoming gestures bade the stranger enter. Fires were burning in little box stoves, box beds, built in the wall and towering with feather beds, had a small door by which their occupants were to enter, or, save the mark, to air them.

They ate spiced cakes, hot from one of the toy ovens, and Jim, in a broad and all-embracing pity for conditions in general, tipped gloriously in every direction.

As they followed the road toward the tiny church on the hill, an enterprising tourist hailed them:

"Say," he began hopefully, "there's a wedding dress in that house where the woman is standing in the door—she'll show it to you—it's been worn by ten generations of brides, and another's going to wear it next week. She can't talk much English, that woman, but that's as near as I could make it out."

"Let's go in!" said Jean, a sudden glow at her heart, for behind the cheerful woman who was beckoning them to come in she saw a girlish figure, probably the prospective bride.

They passed through a low doorway, Jim bowing his blonde head to clear the distance, then into an inner room where the wedding gown lay across a carved chest. It was a blue cotton brocade, a pointed waist and a very full skirt, yellowed a little in spots, but almost life-like in its bravery, since every seam was stiffened with what seemed to be smoothly polished little sticks of wood.

Their hostess looked inquiringly from the man to the girl and questioned Jim, "*you Vrouw?*"

Jean, flushing brilliantly, appropriated the question, and shook her brown head forcibly, saying, "no, no," but Jim was rallying his long forgotten German; he smiled into Jean's startled eyes, and answered evenly:

"No, but *es kommt*."

Jean bust into nervous and uncontrolled merriment, and the woman patted the crimson cheeks with an understanding smile.

"*Pitty Vrouw!*"

Into the man's responsible hand she thrust something from the carved chest—a yellow square of linen edged with knitted lace—then gazed, dazzled, at her rough little table where a shining gold piece had suddenly appeared.

"Mustn't we go, Jim?"

He turned sharply at a new note in Jean's voice, sweet, a little shaken, and his heart beat faster at the soft radiance of her face. She took the work-hardened hand of the woman of Marken and looked into her understanding eyes:

"You see, we aren't married yet," the

charmingly articulated English was apparently directed to the uncomprehending ears of the mistress of the house, "but we're going to be as soon as I can get home."

She finished in a voice between laughter and tears, "And we're going to be happy for ever and ever."

Out of the Rut

Part I

The Theory

By Alice May Ashton

MRS. Brooks closed the front door nervously and hurried out into the pleasant glow of the spring sunset.

"I do hope I shall meet no one I know," was her mental comment, "I owe so many calls that I am ashamed to be seen in the street without returning them. But I could not make calls if I could find the time, for I haven't a thing fit to wear!"

The worry wrinkles deepened in her face which still held reminders of youthful attractiveness, while her loosened hair showed plentiful streakings of grey and was roughened a little at the ends.

The boisterous winds buffeted her mercilessly, detecting the missing hat pin, the torn veil, and the frayed skirt binding.

"Oh dear," she sighed uncomfortably, catching at her flying veil, "I suppose I shall blow to pieces, bit by bit, before I get to Mother's." And in her perturbation of thought she missed the fire of the western clouds and the emerald beauty of the young verdure.

"Alone, Mother?" were her first words as she opened the door of a comfortable old-fashioned house upon a cheery home-scene, "Oh, I'm so glad, I want to see just you, today."

"All alone, daughter," answered a sweet, calm voice, "Come here by the fire beside me, dear. This is an unex-

pected pleasure!"

Mrs. Brooks sat down silently and gazed long into the flaming embers, even the comfort of the room and the presence of the understanding mother-love seeming unable to reach her or penetrate her unhappiness. And the mother, watching her tenderly, saw once more the little daughter who always had to "think things out" for herself before she came to Mother for help, and held her peace.

"Mother, it is dreadful," she said at last, lifting her sad eyes suddenly, "I have thought and thought, and I do not know what to do!"

"You mean—" began the elder woman inquiringly.

"The house—the sewing—everything! There isn't a room or a closet or a drawer that is in order. We haven't one of us a garment that is ready to be put on. I work until my strength is gone, but it isn't a drop in the bucket, and I am hiring more done now than we ought to afford. Mother, you surely have seen!"

"Yes, I have seen," admitted the mother gently, "I never quite understood how it came about, dear."

"I hardly know myself, it came so gradually. I let one thing and then another go undone, when they did not seem of much importance, and when the doctors were insisting upon my giving up work. It has been three years

since I have kept the house properly, and it gets worse instead of better. Jack is so patient, Mother, but he does not dare invite anyone to the house for fear there will be nothing for them to eat and no place for them to sit—only think, in his own home!

"This morning he could not find a shirt with buttons on, and I neglected to send his collars to the laundry, yet he never said a word. We eat, huddled in the kitchen, to save work, and it breaks my heart to think how the children are coming up!" The tears dripped down her face unheeded.

"I have wanted to talk with you about this for a long time, dear," said the mother in quiet, confidence-giving tones, "but I did not know that you were ready. You must not be discouraged, dear child, for there are many mothers with more duties than strength who are still making beautiful homes for their loved ones. I have been through enough of it myself to understand so well."

"Tell me," pleaded Mrs. Brooks, like a child.

"I know how almost impossible it is to catch up with the work, when it is once ahead of you, but it can, and, in your case, it must be done. What do you do in the first three hours after breakfast?"

"Why, whatever needs being done, of course! I do not work by rule as you do, Mother. I know you think it necessary, but I never have, and I used to get my work done, too," with a hint of defiance in her voice.

"Yes, you used to get it done when your strength held out, but you always worked harder than you need to have done. And if I am to help you now, you really must give up this point to me."

"I can, at least, give it a trial," agreed the younger woman reluctantly, "but it seems just like a treadmill to me."

"I know how you work, daughter, you never reserve your strength. And now that your work is so behind, your

method is almost hopeless. After breakfast you look about to decide what must be done first, and you spend half an hour deciding; you work in a haphazard way; by noon you are discouraged, and more tired in mind than in body. Is not this true?"

"I suppose it is. But you do not know how weak and incompetent I feel."

"Indeed, I do know all about it, Isadore, and I had four children in place of your two."

Mrs. Brooks reached out suddenly for her mother's hands. "Poor, poor Mother, and we never knew, or thought! Dear, I am still a bad, rebellious child, in spite of my grey hairs and multitudinous birthdays, but if you will tell me what to do, I'll do it every bit, faithfully."

"You are still the little girl you used to be," smiled the mother tenderly. "We are just big children all our lives! I often, even now, rebel against God's wisdom, just as you are rebelling against mine. His patience ought to make us more patient with each other, dear heart."

For a moment their hands clung in a still sympathy that is greater than words.

"Now for the improvements," said the mother cheerfully, after a little. "I will give you an idea which I wish you to follow for a month; then you may change it to suit yourself."

"Have system, and follow it carefully; but in every home there are numerous interruptions, so do not grieve unduly when the plans are broken in upon."

"I always believed in doing things 'the night before,' and I should begin tonight, if I were you. Before retiring, ask the children to put the hall and living-rooms in order, to lock doors and windows, have their school books on the hall table ready for morning, and to carefully put out the lights. This they can do in fifteen minutes or less. You and Jack repair to the kitchen for the same

length of time, and have the table set and preparations made for breakfast. This is a better time for Jack to do odd chores than in the crowded morning.

"Rise sharp at seven, and call the children at once—it is none too early for high school pupils who retire at a seasonable hour. Breakfast is easily disposed of when everything is in readiness, and Jack will have time to get fuel and empty ashes. Have the children straighten their rooms and put them airing thoroughly; this takes but a few minutes, yet it is a great help; I do not believe in crowding many morning duties on school children.

"Devote the two hours from eight to ten strictly to the kitchen. The rest of the house, having been put to order the night previous, will be presentable without further attention. Do the necessary baking, wash dishes, and put the room in order.

"By ten you will be a little tired, and then is the time to stop. Sit down in a comfortable chair, and devote a whole hour to sewing or mending. This provides a rest before you are exhausted, and many difficulties of the wardrobe will thus be solved.

"At eleven o'clock return to the kitchen, prepare lunch, get vegetables ready for dinner, and devote any additional time you may have in putting the kitchen cupboards to order. After lunch put away the food and have the children wash the dishes.

"From one to two, do whatever you see fit about the house, either in chambers or living-rooms. At two, close the doors and rest for an hour; you will find this worth while in the additional strength it will bring.

"At three o'clock let nothing but the presence of callers prevent you from going out of doors. Take a walk, make a call, do an errand, or simply potter about the garden, but get out in the sunshine or rain for an hour every afternoon.

"Upon returning to the house at four, do whatever you desire, let this be your

own especial hour. You may wish to read, or practice—for you ought not to drop your music entirely—or there may be some little household task you wish to look after.

"At five go to the kitchen, start up the fire and begin dinner. While there plan the meals for the next day, and make out the grocery list. After dinner make the dishwashing a family affair, and it will soon be over.

"Spend the evening with Jack and the children, with never a thought of housework or sewing.

"Follow this daily routine as closely as you can.

"Have a woman one day each week. If you make systematic preparations for her work, she can do the washing, clean the windows, porches, and kitchen, and help some with the ironing. If you are wise, you will fold the kitchen towels evenly, iron the outside, and lay away neatly. You will also slight the ironing of common sheets and bathroom towels a little. You will still eat in the kitchen, because of the steps it will save you, until you are strong and well again; but, my dear, you need not eat in a huddle! The room will be neat and trim, the table immaculate, with pretty dishes and flowers, and a screen concealing the objectionable stove.

"Instead of paying out so much for help, buy really good labor-saving machines, and let the children give intelligent assistance.

"That is enough of suggestions, Isadore. You must work them out for yourself. But I want you to remember this, dear daughter; the making of a home is not a small or an insignificant undertaking. You can do nothing better for your husband and your children than to give them a cheerful, loving house-mother in a comfortable well-regulated home. You have not been neglectful, through selfish indolence or pleasure, but now that your eyes are open you can really give them a much more comfortable home and be happier yourself,

in consequence, with no greater expenditure of strength. Dear heart, it means much to be able to make the happiness of three people beside yourself.

Mrs. Brooks walked home slowly through the sweet twilight, a new peace in her heart. She would achieve;

strength would come as she needed it, if she truly did her part.

As she turned the corner and came in sight of the house, Jack turned on the lights in the library, and the cheering glow beckoned to her through the dusk—the lights of home!

My Queen of May

I have gathered my flowers, I have woven
a chaplet

Of violets fragrant and laurel leaves green,
A tribute of love and a tribute of homage,

And far have I brought it to crown you
my queen.

The flowers to be pledge of my life's true
devotion,

The laurel my faith in your talent to say,
Accept them, I beg, in the spirit I offer,

For thus may I claim you, my Queen of
the May.

I have sounded my heart to its utmost recesses,

Its depths never fathomed, its caverns unseen,

And each drop of crimson that through it
goes surging

Was given in fealty unto thee, my Queen.
Love ever the same, and life's truest endeavor

Is mine to bestow, and I pledge you today
My loyal devotion, your subject forever,

If you will but grant it, my Queen of
the May.

LALIA MITCHELL.

Tea Customs

By Laura B. Starr

THE hostess, who wishes to serve novelties as well as tea at her afternoon affair, may find in the following descriptions of tea-drinking, in various countries, many a custom which she may adopt or adapt, and thus give to an ordinary tea a grace and charm that will lift it out of the commonplace.

Tea and punch are the usual beverages at American teas. A pleasing variation may be made by using a tea punch, which is particularly refreshing and stimulating in hot weather. The strong, rich India and Ceylon teas make the most satisfactory punch, as they give more substance to the liquid than the lighter China and Japan teas. The following recipe is an excellent one:

For one gallon of punch, use three lemons, three oranges, one shredded pineapple, and one box of strawberries.

Pour a quart of boiling water over two heaping tablespoonfuls of tea; infuse it ten minutes, then strain.

Squeeze the oranges, lemons and pineapple, and add to the juice one cup or one pint of sugar, according to taste. Fruits vary so much in acidity, at different times of the year, that it is impossible to state the exact amount of sugar needed.

Let the mixture stand for half an hour after the sugar is added; when the tea is quite cold, put the two together, add one quart of apollinaris and pour over a large block of ice in the punch bowl.

Some of the pulp of the oranges may be left in the punch, if desired.

Add the strawberries just before serving, as they are not so nice when water soaked.

Thin slices of lemon or a few candied cherries may be served in each cup.

Here is another and simpler recipe:

Make an infusion of tea, allowing one heaping teaspoonful of tea to each cup of water.

Mix one half a cup of sugar with a little water, and cook it until it spins a thread; remove from the fire, add the juice of one lemon and the tea, and place in ice chest. When chilled, add one cup of claret and one tablespoonful of curacoa.

Plain every day tea is best when made in an earthenware or porcelain teapot; it should never be boiled, nor let stand to infuse more than from five to seven minutes. The teapot should be absolutely clean, and heated with boiling water, before putting the tea in. If not served at once, the liquid should be poured off the leaves into another hot teapot. Great care is the price one must pay for a really good cup of tea.

The Russians are such inveterate tea-drinkers, that they are not satisfied with the fragrant beverage three times a day, but must have cups of it at odd intervals during the day, and sometimes the night. To satisfy this demand, there are tall copper samovars, that steam and hiss in the frequent tea-shops in both city and country. In any one of these one may, for an infinitesimal sum, have a cup of hot fresh tea whenever his thirst overtakes him.

When we put a cube of sugar and a thin slice of lemon into a cup of tea, we call it Russian tea and so it is, but only one kind of Russian tea, for these people have many ways of making and serving their beloved drink.

Unlike the Chinese, the Russians consider sugar a necessary concomitant of tea-drinking. There are three methods of sweetening tea; to put the sugar in the glass; to place a lump of sugar in the mouth, and suck the tea through it; to hang a lump in the midst of a tea drinking circle, to be swung around for each in turn to touch with his tongue, and then to take a swallow of tea.

They love to flavor their tea, but

vodka, the national liquor, is most commonly used. Arrack, a kind of rice wine is second favorite, particularly among the men.

The tea used is grown in China, and is sent to Russia overland in great caravans, for the Russian connoisseur will never drink tea that has made an ocean voyage. So universal is the custom of drinking tea, that the tips and fees are always spoken of as "something for tea."

Ladies' tea at a private house is often brewed according to these directions:

Make an infusion of four teaspoonfuls of Russian caravan tea and one quart of fresh-boiled water; let stand five minutes.

Then add to it three strips of candied orange peel, one teaspoonful of sugar crystals, one teaspoonful of Jamaica rum, which is very aromatic, one spoonful of preserved strawberries and one slice of lemon.

In Japan some tea-makers pour quite hot water, not boiling, over the tea leaves and pour it off immediately, thus freeing the tea from any dust or foreign matter, which may have been mixed with it. Then boiling water is poured over the tea and let stand from three to five minutes, when it is poured into tiny cups and served on a dainty lacquered tray, with rice wafers or sponge cakes.

In certain of the temples, and on special days, a ground or pulverized tea, which is kept in priceless jars of old Japanese porcelain, is used.

A teaspoonful of this is put into a tea-bowl and moistened with cold water, and allowed to stand fifteen or twenty minutes; then a cup of boiling water is poured over it, and after three minutes it is ready to be drunk. It is served in the bowl in which it is made, and passed from one person to another, each person taking one drink and no more.

Leigh Hunt's tea, or the tea that bore his name, was pulverized and made in much the same way, but it was served

with milk and sugar.

There is in Japan, a Tea Ceremonial, which has for centuries been considered an essential part of the education of daughters of the Samurai.

Monks and men, retired from public life, have frequently become celebrated on account of their knowledge and use of the Tea Ceremony. It has been considered so important that special tea houses have been built for the holding of the Ceremony, and laws passed regarding the utensils and chinaware to be used.

Both Chinese and Japanese teas are in color and in flavor more delicate than the Indian teas, a taste once acquired for the former makes the using of the dark teas impossible.

A well observed custom in both China and Japan is that of offering tea to a visitor as soon as he arrives. The lotus-leaf tray, with its blue and white right-angled handle teapot, and tiny cup appear as by magic, and one is immediately heartened by a small draught of pale straw-colored tea, that seems to have no strength, but is stronger than most Americans are accustomed to.

The saucer plays an important part with tea-drinkers in China. A few leaves of the best tea in the world—for the Chinese never let the best quality leave the Dragon Empire—are put into a small bowl or large cup and boiling water is poured over them. The inverted saucer fits into the bowl or cup and covers it until the brew has stood five minutes. When uncovered, the bowl or cup is set into the saucer, which has a circular depression in the center, into which it fits; this holds the cup stationary, and prevents spilling. If tea is prepared for more than one person, it is poured off into handleless cups, set into China or metal holders.

The Chinese tea basket is a perfect delight to Occidental as well as Oriental tea-drinkers. The teapot is usually of fine old Canton ware fitted into a padded basket, which keeps the

tea hot and answers the purpose of the modern tea-cosy. The dry leaves are put into a perforated cup that fits into the top of the teapot; the boiling water is poured over them, and percolates into the pot, and thus never stands on the leaves for any length of time.

Emperor Kien Lung left the following recipe for making tea. If tea is brewed after these careful directions, it will always be good.

Set an old three-legged teapot over a slow fire; fill it with water of melted snow, and boil it just as long as is necessary to turn fish white or lobster red. Pour it on the leaves of choice tea plant, put in an old cup of Toni ware. Let it remain until the vapor subsides into a thin mist, floating on the surface. Drink this precious liquor at your leisure, and thus drive away the five causes of sorrow.

In tea-shops in Peking, one finds a sign, "Don't talk about public affairs."

A Formosan custom is to brew the tea with tea flowers, or a few petals of orange blossoms. This makes a delicious perfumed drink, and indeed is a dish fit to set before a king.

In Persia, tea is made very strong, and sometimes drunk through a cube of sugar held between the teeth. The cup is a cylindrical glass set in a glass saucer.

Maté tea is the universal drink in South America, particularly in Paraguay. The herb grows wild in the forests, and is gathered by the natives, who dry and prepare it for use. It is ground to a powder, pale green in color, and is said to be valuable in sustaining life. It is made in a gourd, or a cocoanut shell, and the infusion imbibed through a silver bambilla, which is a silver tube with a filter at the end, not unlike the ice cream soda spoons. Maté tea is offered to everybody, everywhere, as tea is in Japan. The gourds are decorated with carvings, and sometimes mounted in gold and silver.

In Martinique, an aromatic tea is used,

and to this is added a delightful liquor made by the monks and known as "*crème de thé*."

If you have a heart ache and wish to be relieved, you must, according to a Cornish superstition, drink the last nine drops in a cup of tea.

Paris, not content with adopting the English five o'clock tea, has introduced a fad of its own, which promises to become universal. This fad is the Abyssinian tea, which is made from an herb known to the scientist as "*Catha edulis*." This herb or shrub is found wild in Egypt, Arabia, and in some portions of South Africa and has been used by the natives for generations.

At its best, *Catha* is a tall shrub, with long thin leathery leaves, which give to the infusion a rather bitter taste and is said to have a very pleasing and quieting effect on the nerves. The leaves are dried over the fire, and rubbed in the hand until they are quite crushed; the infusion is quickly made and is of a rich gold color.

Ten or fifteen years ago tea was regarded in France, as a semi-medical concoction, to be used only in restoring fainting women.

This was in the days when sweet wine was served with cake to afternoon callers. Now the tea fashion has spread, and all Paris drinks tea, either Abyssinian or "English five o'clock tea," as the sign in the restaurant reads.

When the Sultan of Morocco rides forth in state, the tea maker has always a conspicuous place in his retinue. This important follower of the Sultan, makes, with great show and parade, the sweet, syrupy, mint-flavored beverage that is so loved by all Moors.

At the Sultan's table, the best green tea is used. It is made in a big silver teapot, with a bunch of fresh mint spreading from the spout. It is drunk from tiny glasses almost covered with designs and embossed in gilt. Sometimes a few choice leaves of wild thyme or verbena are put into the pot and infused with the tea.

To the Sister of a Flower

The wind-flower, vestal of the wood,
Shy priestess blossom which enfolds
An Eden memory of good,
And yet in pure leaves holds
The smiles of angels, and the brightness
Of dawn—the first dawn's whiteness!—
Like you among the maids, with other flowers
it stood.

No bloom from breast of earth e'er drew
A life more virginal! So frail
But so resistless—formed to woo
By beauty, like the Grail,
From sordid aim, and every lowly
Desire, to things most holy!—
The wood anemone—the flower God made
for you!

Beauty that is an influence
Inviolatè, a bodied mood
Of sanctity, through every sense
It breathes beautitude!—
A spirit-touch—a thrill of light that lingers,
Felt like your clinging fingers!
I found it in my path, a wildwood providence!

But oh, its rarest secret deep
My grosser thought can not pursue;
So from the Spring yet half asleep,
I stole the bloom for you!
Your sister soul may share, unhidden,
All in its chaste heart hidden,
For, in twin dreams of love, you sister
secrets keep!

STOKELY S. FISHER



The Hungarian Housewife's Way of Cooking

By Beranede

THE cooking of the ordinary evening meal in a Hungarian household takes fully three hours. No ready, prepared dish finds favor there. While the dollar is never stinted, the penny is never wasted. The careful shopping of the Hungarian housewife is a revelation to one used to American ways. Then, too, in the Hungarian menu may be found many homely vegetables and meats, despised by American housewives, cooked and flavored and dressed into things of beauty and joy to the palate.

Take the plebian Hamberger steak, for instance. The American cook mixes it with a little onion, puts a bit of butter in the centre, and fries it for twenty minutes. The Hungarian woman chooses a good cut of steak and has it chopped to her order. Then she breaks an egg into a bowl, adds the soft side of a Vienna roll, a small onion grated, paprika and salt, and into this stirs the meat, and after mixing all together forms it into a ball. Into a saucepan or kettle which has a tight-fitting cover she puts an onion, which she has fried brown in butter, then the meat ball. She cuts one or two tomatoes into quarters and puts them around the meat, covers, and lets simmer gently for half an hour. Then the meat is turned, gently so as not to break the ball, and is simmered another thirty minutes. When served, garnished with its dressing of tomatoes and sliced onions, it is as pretty to behold as it is toothsome and tender. The tomatoes are left unsweetened and give a pleasant snap to the dish.

Another Hungarian way of cooking Hamberg steak is to add a tablespoonful of rice to the above mixture, then hollow out green peppers and stuff them with the meat. A little flour is browned in butter in the bottom of a saucepan; tomatoes are stirred in gradually until

the saucepan is half full, and when boiling the stuffed peppers are dropped in and let simmer for half an hour.

Not from religious principles, but from those of health, the Hungarian housewives patronize the kosher butchers. Thus they have the assurance that none of their meat has been killed more than twenty four hours. A chicken is always bought alive, and killed, plucked and drawn only a few hours before being cooked. The American conviction that meat cooked within a day or so must necessarily be tough is entirely dispelled by Hungarian methods, for by no other are meats so tender. The cooking has everything to do with it, however. Quick-broiled steaks and chops, or even meats, roasted in the oven, are tabooed by the Hungarian housewives. Porter-house steaks are cut two or three inches thick, placed in a kettle with seasoning and just enough butter to prevent sticking. The pot is covered tight and the meat allowed to cook very gently in its own juice for three hours. It comes on the table so tender that one can almost cut it with a fork, and yet with all its juicy nourishment intact, except the little which, drawn forth by the heat, mingles with the butter and seasoning to form a delicious gravy. In this same manner fricassées of chicken and veal are prepared in the Hungarian household. They come to the table steaming and savory, and red with the paprika used as seasoning. Gravies of pure blood juice are the only ones the Hungarians acknowledge as eatable.

Cream soups in the good Hungarian menu are made by gradually stirring real sour cream into a vegetable soup while it is boiling, and then allowing it to boil up once more until it thickens. The tart taste thus given is much relished. Even in midwinter fresh vegetables are used as the foundation of all

such soups, string beans, peas and potatoes being the most popular. In making a clear chicken soup they will sometimes mix an egg with a teaspoonful of flour, and then add it, a drop or two at a time, to the boiling liquid, where it immediately cooks in a myriad of tiny particles, and is far more delicious in a soup than either rice or barley.

The Hungarians form various deserts by stirring noodles in a pan of hot butter after they have been boiled, sweetening them with a little powdered sugar, and sprinkling nuts, jams, poppy seeds, perhaps sauerkraut, between the layers, as they dish them upon large flat plates. One favorite dressing for noodles, served in this fashion, is sheep cheese. It looks something like Philadelphia cream cheese, only drier and more mealy. It is made from the fresh milk of sheep, which is naturally hard to obtain in the open market. The dish, however, is very popular with Hungarians.

The French pancakes, thin as a sheet of paper, are also in great favor among the Hungarians, and are rolled or folded about fillings of nuts, jellies or poppy seeds, with soft sugar sprinkled on the outside. Dishes such as these form the pastry of the Hungarian home. American pie crusts and puff-pastes and sweet cakes find no welcome there.

Vegetables, on the other hand, are all cooked with a degree of sweetening. Americans do not deem necessary. Even the sauerkraut is not the ordinary kind procurable at the groceries. The Hungarian sauerkraut is the result of soaking the cabbage for one week in a crock of salt water, and is known to them as fresh or sweet sauerkraut. Savoy cabbage, made with a thick cream dressing, is also a dish greatly relished by them.

A remarkable transformation is wrought in the common carrot by the Hungarian method of cooking it. It does not taste like a carrot at all, but becomes a delicious sweet to be served with meat. The carrots are cut into

thin pieces about an inch long. They are placed in a sauce pan and covered with sugar, creamed with butter. Enough water is added to cover them. They simmer until quite soft, when the water has almost boiled away. A little flour is stirred through them—just enough to take up the water. String beans are prepared in the same manner, only they are boiled in salt water first, and lemon is used, instead of sugar, in the final cooking. The water is not allowed to boil away, at the end, either, but is thickened with flour to form a tart sauce.

The Hungarian practice of adding sugar to their vinegared beets and diluting the acid with water is a great improvement over the American way of preparing them. It takes away the biting sharpness and draws forth the flavor of the vegetable.

One of the Hungarian's favorite methods of preparing potatoes is to fricassée them. A small onion is sliced, put in a sauce pan, with butter about half the size of an egg, dashed with paprika and salt and fried light brown. The potatoes, cut in small pieces, are then poured in and covered with boiling water. When the water has boiled away, the potatoes are soft and mealy and tinted a golden red from the butter and paprika. They are just as good as they look.

Asparagus, prepared the Hungarian way, melts in the mouth. In the first place an entire bunch is soaked in salt water for half an hour. Then every separate stalk is peeled, not scraped, with a knife, removing the tough and bitter outside skin. It is then boiled in salt water until it is almost falling apart, when it is placed on a tin plate to drain for two minutes, the plate being placed over a pot of boiling water to keep it hot. Bread crumbs are browned in butter, seasoned with paprika and salt, and, when the asparagus is quite dry, these are spread over it as a dressing.

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Obstacles

They come like phantoms in the night,

In substance not as real,

They move before us on our path,

Their shadows oft we feel,

A gentle push will soon dissolve,

And scatter all their gloom,

In essence they are thin as air,

So why then heed their doom?

They come that we may prove our strength,

Our fears of what is not,

For trials don't exist at all,

They're but a tangled knot,

Our patience must unwind the skein,

And learn the true way out,

A mind that's keen in greater things,

Will not spend time in doubt.

They sometimes grow within our minds,

Like seaweed underneath

The water green, a shim'ring sheen,

And form a mottled wreath,

They never meant to do us harm,

They could not if they tried,

They simply lie within our minds,

Like gathered sea-weed dried.

HELEN B. YOUNG.

WOMEN'S EDUCATION

MR. STANTON COLT of London is visiting America after an absence of twenty-five years. Like many others from England he wonders much at the remarkable leisure of American women. He speaks of giving lectures, which are attended by 1,000 women and not a man among them.

"Where are your men folk? I say to them. 'They are at work, working for us,' they reply. And why are you not at work? I ask. In New York Mr. Zeubling gave a lecture on conservation. After the lecture I said to him, why lecture to an audience composed entirely of women on a subject about which they cannot help you in the least, having no votes? 'Yes,' he said, 'but they will go home and tell their husbands about it and in America we men do as our wives tell us.'"

This is not, we think, really the case. The statement cannot be maintained. Far too many women have little concern in their husband's business or politics; but the following hits pretty near the mark: "You Americans seem to be literally swamped with college women. Just so far as college education of women gets away from the business of a woman working at the business of being a woman, just accordingly do you turn nature and its natural bent up a blind alley."

MY MISSION

EVERY young woman who aspires to teach or lead others should ask herself the question: What is my mission in life? or have I a message to deliver? Years ago many a young man was likely to feel that he had a call to preach. Some were right in their impressions and made good; others seem to have mistaken the omens and turned out most dismal failures. Can anything be more vexatious and disturbing than an attempt to do what one is not fitted for—to occupy a position and not be able to fill it.

In every walk of life a message is the thing of first importance. The means of expression, in some form, will follow as a matter of course. We must have the goods to offer or no exchange of commodities will take place. It is said of Dickens that he used to pass days and nights in a burning fever of excitement, until the story that possessed him had been written to the end. Theodore Tilton, gifted orator, was often sad and gloomy for days, until he had freed his mind, before a public audience, of the thoughts that burdened. Does it not follow, then, that preparation, qualification, is quite essential to successful achievement, no matter what our calling may be?

What is your mission? Is it that of wise teacher, expert demonstrator, skillful executive in household management? Make careful preparation, by dint of thought and study, for your chosen task; be sure you have a message to carry.

In no field of endeavor, perhaps, is there greater need, today, of missionary work than in that of domestic science. Pure food regulations, the high cost of living, hygienic, wholesome conditions of home life for ever increasing numbers, are foremost among the economic questions of the day. Widespread, intelligent education is the sole remedy for the countless ills that beset the average home.

ONE THING AT A TIME

IF one stops to count up all the things which must be done in a single day, a week, a month or a season, the sum total is quite overwhelming. The coming of Spring means house cleaning, gardening, dressmaking, packing away winter clothing, bringing up arrears in one's social duties of calling and entertaining, closing up the year's records in church, charity and club work, preparing for school and college commencement events, and planning for the summer vacation. The program is a heavy one. It seems to leave no time for the actual enjoy-

ment of the bursting buds and returning birds, and all the sweet sights and sounds of nature. The housekeeper who sits down to think of all that is coming to her in the next two months begins to feel worn out before any task is accomplished. Fortunately, however, our duties come one at a time. If we meet them singly it is surprising how easily and naturally they are accomplished. The rule of "one thing at a time" helps us through the most congested periods of life. Living too far ahead in one's plans for the future is not at all normal. One must never wish time away: its flight is swift enough at best. Taking each day as it comes, we may move serenely through the year's round of changing duties and pleasures, and get the full measure of content out of it all.

E. M. H.

A REMINDER

WE wish to invite the attention of our readers to one of two items of mutual interest. This magazine is a special, rather than a general publication. That is, it deals with a single subject and that an important one. We maintain that the fundamental and essential condition of all well-being is good health, and that good health, in largest measure, is dependent on proper food and feeding, in connection with due regard to air and exercise. Hence, food and diet, or dietetics, is made the main feature of the magazine. Other matters, such as pertain to domestic affairs and home economics, are regarded as supplementary and subordinate to the main topic.

Progressive housekeeping, then, or that which tends to interest and instruct in culinary matters, is our chief subject, and in this line of endeavor, we would fain believe, the magazine has become well and favorably known from Maine to California, and in the Islands of the Pacific Ocean. The magazine has ever had a personality and authority of its own, which is quite uncommon and certainly without a rival; for it has been

under the same editorial management during the entire sixteen years of its existence.

Again, the magazine can not be compared fairly and justly with other and larger publications; it is a unit, in a class by itself, and is not engaged in the game of competition for patronage. While so many publications have been passing through repeated changes, both in form and conduct, including price of subscription, this magazine has steadily maintained the same form and character, and the same uniform price, since it reached its maturity, which is one dollar a year. Every page and every advertisement in the magazine is designed to appeal especially to those who are in any wise engaged in the building up and conduct of American Homes. It is conducted solely in the interests of American housekeepers and teachers of domestic economy.

A FAIR PROPOSITION

In a large American city a jobbing expressman has this for his slogan, "If I don't carry your trunks, we both lose money." How could appeals to commercial interest and friendly service be more effectively conjoined? The candor is winning: people are asked to help the man's legitimate profit. The offer of cheaper service is attractive without being mendacious. It would help business and industrial relations if these two sides of the matter were always frankly faced. The advertising which appears to prove to the possible buyer that he is getting something for nothing excites intelligent suspicion. To sell things for no advantage is impossible business. No honest man can do this, and honest people should not support such pretence. To hunt for bargains often involves something not so admirable as economy. It is the purchaser's best interest to buy where fair profit is mixed with normal price. Business thrives best where it is based on mutual interest.—*Christian Register.*

THE GOOD TEACHER

"The teacher who presumes to determine what shall and what shall not be developed in any child given into his care is thereby presuming that he has the right to play God to children. The teacher who tries to draw forth prematurely a trait of character which the child has not already manifested is guilty of spiritual abortion. The teacher who dares to suppress a trait of character which the child is instinctively seeking to develop is guilty of spiritual murder.

"The good teacher is simply a sensitive instrument which responds to the needs of the child at the time when those needs become apparent. He may justly arouse by his own enthusiasm and nobility of character the latent enthusiasm and nobility of his pupils."

MY SYMPHONY

To live content with small meals; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable; and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the common. This is to be my symphony.—*Wm. Henry Channing.*

A Prayer

These are the gifts I ask of thee, Spirit
serene,—
Strength for the daily task;
Courage to face the road;
Good cheer to help me bear the traveler's
load;
And for the hours of rest that come between,
An inward joy in all things heard and seen.
These are the sins I fain would have thee
take away,—
Malice and cold disdain;
Hot anger, sullen hate;
Scorn of the lowly, envy of the great;
And discontent that casts a shadow gray
On all the brightness of a common day.

—*Henry Van Dyke,*



FRIED HOMINY, TAFT FASHION

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful.

Purée of Split-Pea Soup, with Almond Milk

POUR plenty of boiling water over one cup of split peas and let boil three minutes; drain, add three pints of cold water and one teaspoonful of sugar, and let boil about an hour. Chop half (if large) a carrot, one onion, three branches of parsley, raw lean ham, to make two tablespoonfuls, and a branch of celery. Cook these in two tablespoonfuls of dripping or butter, stirring meanwhile, until lightly browned; then add to the peas, cover and let simmer about an hour. Strain through a sieve, pressing meanwhile with a wooden pestle. Skim, add about one teaspoonful and a half of salt, and return to the fire. Have ready one-eighth a pound of blanched almonds, pounded smooth in a mortar and cooked in a cup of milk half an hour (over hot water). Press the almonds and milk through a cheese cloth

into the soup. Let boil once, then serve. The beaten yolks of two eggs mixed with half a cup of cream may replace the almond milk.

Every-Day Pepper Pot

Chop, fine, two, each, of green peppers, onions and beet. Melt a tablespoonful of butter in a saucepan; add the chopped vegetables and stir until the butter is absorbed; add a scant half-pound of fresh tripe, cut into small cubes, and one-fourth a cup of rice. Blanch the rice before adding it to the other ingredients. Add two quarts of cold water (or light white broth) and one or two pounds of veal knuckle. Let simmer nearly two hours. Add three ripe tomatoes, peeled and cut in slices, or the equivalent of canned tomatoes, and let simmer twenty minutes. Remove the veal, skim, season with salt and pepper and serve. Use the veal for hash or some other rechaufée.

Timbales of Fish Mousseline, with Peas

Butter ten timbale molds thoroughly, and decorate the bottom of each with a row of cooked peas; sprinkle on a little melted butter and set aside to chill, that the peas may be held in place. Scrape fish pulp from the fibres of either halibut, salmon or similar firm fish (cod, haddock and bass are not suitable) to make a cup and a quarter of pulp, and pound in a wooden mixing bowl; add half a cup of cold, white sauce (one tablespoonful, each, of butter and flour, half a cup of milk) and pound again; then add one unbeaten white of egg and pound again until smooth; add a second unbeaten white of egg with a scant tea-

To make the stock, cover the bones and trimmings of the fish with cold water, add a branch of parsley, three or four sweet basil leaves, half an onion and four slices of carrot; let cook half an hour, then strain.

Mixed Grill

(For use in lunch rooms and restaurants)

Have ready one lamb chop, one or two (according to size) pork sausage, four chicken livers, cut in halves, three slices of bacon, cut in small pieces (about three each) and a small bunch of washed-and-dried cress. Cover the sausage with boiling water and let simmer about ten minutes, then remove to a broiler; push the pieces of bacon and



TIMBALES OF FISH MOUSSELINE, WITH PEAS

spoonful of salt and again pound until smooth, then press through a purée sieve. Thoroughly fold in two whites of eggs, beaten dry, and one cup of cream, beaten firm, and use to fill the molds. Let cook, on many folds of paper in a dish and surrounded with boiling water, until the centers are firm. Remove from the water, let stand two or three minutes and unmold on a hot dish. Surround with sauce made of three tablespoonfuls, each, of butter and flour, half a teaspoonful of salt, one-fourth a teaspoonful of pepper and one cup and a half of fish stock.

liver, alternately, on a skewer, and set in place on the broiler; add the carefully wiped chop to the broiler, and let cook over a rather dull fire, removing each article from the broiler when it is done. The sausage will be cooked first. Set the cress on one end of the plate, push the articles from the skewer upon the plate, adjust a paper frill on the chop bone, set this and the sausage in place and serve at once as a single service.

Shoulder of Pork, Boned, Stuffed and Roasted

Have the dealer remove the bones from a shoulder of young pig. Mix one cup of fine soft bread crumbs, one-fourth

top of each apple, dredge with granulated sugar and set into the oven to brown. Let the syrup boil a little, and



CORNEB BEEF, WITH VEGETABLES

a cup of melted butter, one-fourth a teaspoonful, each, of salt, pepper, sage and thyme and use to fill the opening from which the bone was taken. Take a few stitches to hold the dressing within. Score the skin for carving, brush over with dripping, dredge with flour and set to bake in a moderate oven. Let cook about three hours, basting frequently. Prepare an apple for each service. For eight apples make a syrup of one cup and a half, each, of sugar and water; in this cook the apples, turning often and watch-

use to fill the centers of the apples, set around the pork on the platter. Slices of tomato, dredged with buttered cracker crumbs, baked in the oven or broiled on rounds of toast, may be served on the dish with the apples or may replace them entirely. After the pork is removed from the baking pan, use three tablespoonfuls of the fat in the pan, three tablespoonfuls of flour, half a teaspoonful of salt and one cup and a half of water or broth, in making a brown sauce to serve with the pork. To color the



SHOULDER OF PORK, BONED, STUFFED AND ROASTED

ing constantly to keep the shape. When tender remove to an agate dish, press blanched-and-halved almonds into the

sauce, let the water or broth simmer in the baking pan from which the fat has been poured until it has absorbed the

brown glaze in the pan.

Omelet, Jardinière

Make a white sauce of two tablespoonfuls, each, of butter and flour, one cup of milk and one-fourth a teaspoonful, each, of salt and pepper. Add one-third a cup, each, of cooked peas, stringless beans, cut in bits, and asparagus tips. Beat the whites of three eggs dry, the yolks till thick. To the yolks add one-fourth a teaspoonful, each, of salt and pepper and three tablespoonfuls of cold water; mix thoroughly and pour over the beaten whites, then cut and fold the whole together. Melt one tablespoonful of butter in an omelet pan; turn in the egg mixture, let stand on the top of the

a cocotte or individual au gratin dish, break in two raw eggs and set into a moderate oven to cook the eggs. Serve at once.

Potatoes, Dijonnaise, en Casserole

Pare and cut in very thin slices four or five raw potatoes. Rinse thoroughly, cover with cold water and set to cook over a quick fire. Let boil three minutes (after boiling begins); drain, rinse in cold water and drain again. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour, one teaspoonful of mustard, and half a teaspoonful, each, of salt and pepper; add one cup and a half of second broth (broth from cooked meats, trimmings, etc.), and stir until



OMELET, JARDINIÈRE

range about two minutes; then set into an oven of moderate heat for about ten minutes, or until the egg is slowly "set" throughout. Score the omelet entirely across the top, at right angles to the handle of the pan. Spread part of the vegetables in the sauce on one side, turn the other over it and dispose on a serving dish. Turn the rest of the sauce and vegetables around the omelet.

Eggs, en Cocotte, Jardinière

Prepare a sauce with vegetables as above. Turn about one-third of it into

boiling, then add one-fourth a cup of raw ham, grated, or three slices of raw bacon, chopped exceedingly fine. Mix thoroughly. Butter a casserole, put in a layer of the prepared potatoes, sprinkle lightly with salt, and pour on some of the sauce. Continue with alternate layers of potatoes and sauce until all are used. Cover and let bake about one hour and a half, or until the potatoes are tender.

Onions Stuffed with Mushrooms

Peel eight or nine onions, and set to

boil about an hour or until nearly done; when cooled a little, cut out a piece from the center of each to leave a thin shell of onion. Chop, fine, one-fourth a pound of fresh mushrooms, and let cook in two tablespoonfuls of melted butter until the butter is absorbed and the mushrooms are dry, then add the rest of half a cup of butter, one cup of fine soft bread-crumbs, half a teaspoonful of salt, one tablespoonful of fine-chopped parsley and a little black pepper. Mix all together thoroughly and use to fill the onion cases. Give the mixture a round-
ing shape above the onion. Set the onions in a baking dish, suitable to send to the table, and pour in a cup of well-seasoned broth or a cup of boiling water, seasoned with a little salt. Let bake about three-fourths of an hour, basting occasionally with the liquid in the pan. When ready to serve pour around the onions a cup of hot cream, seasoned with salt and pepper, or a cup of thin white sauce.

Fried Hominy, Taft Fashion

Prepare mush from hominy, cooking

on both sides, in flour; cook in fat, made hot in a frying pan, until brown on one side, then turn to brown the other side. Serve with maple syrup.



ANDALOUSE SALAD

Andalouse Salad

On individual plates make beds of washed-and-dried, endive, cress or shredded lettuce, and sprinkle over a few green stringless beans. Pare a chilled cucumber with a fluted knife and cut it into pieces an inch and a half long; with a column cutter or an apple corer remove the center from each piece; cut each piece in slices, but keep them close together; set one of these sliced cucumber sections on the center of the bed of



POTATOES, DIJONNAISE, EN CASSEROLE

it several hours. Turn it into empty baking-powder boxes, rinsed in cold water. When cold cut in slices, and pat,

vegetables; fill the open center with peas, seasoned with French dressing; around the cucumber dispose two small slices of

peeled tomato and two flowerets of cooked cauliflower. Pour over French dressing, seasoned with onion juice, and fine-chopped pimento or chili pepper. Serve as a luncheon or supper salad.

One Quart of Vinaigrette Sauce

(For endive, lettuce, cooked asparagus, etc.)

Rub over the inside of a mixing bowl with a clove of garlic, cut in halves. Into the bowl put half a teaspoonful of mustard, a teaspoonful of curry powder, half a teaspoonful of paprika, one teaspoonful of chopped chives, a thin slice of mild onion, scraped to a pulp, one teaspoonful of salt, one tablespoonful of fine-chopped parsley and half a chili pepper, chopped exceedingly fine. Mix and crush all the ingredients. Use a silver fork. Then pour on a tablespoonful of

an inch thick, an inch wide and of a length to come just to the top of the mold. Soften one-fourth a package of gelatine in one-fourth a cup of cold water. Cook two-thirds a cup of sugar to caramel; add two-thirds a cup of boiling water and let simmer until the caramel is dissolved, then pour over the gelatine; set the dish in crushed ice and water and stir until the mixture begins to thicken, then fold in one cup and a half of cream, beaten very light. One cup of heavy cream and half a cup of cream from the top of a bottle of fresh milk will answer. Turn into the lined mold. When unmolded the dish may be garnished with cherries or blanched almonds, shredded or chopped and browned in the oven.

French Apple Tarts



CARAMEL CHARLOTTE RUSSE

cool olive oil and mash the whole to a smooth pulp; add a cup of cider vinegar gradually, mixing all together meanwhile; then add three cups of olive oil in the same manner. Press through a very fine (new) sieve into a quart fruit jar. Cover closely and set aside in a cool place for use as desired.

Caramel Charlotte Russe

Line a charlotte mold with strips of chocolate or fudge cake. The strips of cake should not be more than one-fourth

Bake flaky or puff-paste on the outside of small fluted molds, rectangular in shape. Prick the paste before baking, that it may puff evenly. When baked remove from the tins, brush over the edge with white of egg and dip into chopped almonds. Have ready thin slices of apple, cooked tender in syrup, yet keeping the shape. Set these slices across the tarts and close together, pour over a little of the reduced syrup and set into the oven to glaze the apple. Serve when cooled slightly.

Chocolate Ice Cream, Restaurant Style

Melt three ounces of chocolate; add three tablespoonfuls, each, of granulated sugar and boiling water and stir constantly until smooth and boiling, then stir into one quart of milk, one cup of heavy cream, one cup of sugar and one tablespoonful of vanilla extract, heated to a lukewarm temperature. Stir in also one Junket tablet, crushed and dissolved in a tablespoonful of cold water. Let the mixture stand in a warm place until jellied, then freeze in the usual manner. To serve put a rounding spoonful of the ice-cream into a silver or glass cup, pour over a spoonful of marshmallow sauce and over that a spoonful of chocolate sauce. The two sauces should be kept slightly warm over warm, but not boiling, water.

Marshmallow Sauce

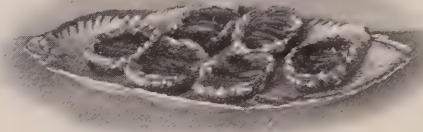
Boil three-fourths a cup of sugar and one-fourth a cup of milk, without stirring, for six minutes (until the syrup threads). Set the syrup aside to cool. When about blood heat beat with a spoon until thick and white. Set the saucepan into boiling water and stir until thin enough to pour. Stir half a pound of marshmallows with two tablespoonfuls of water (in a double boiler) until smooth. Pour the syrup over the melted marshmallows and beat together thoroughly. Keep warm, but not hot, while in use.

Chocolate Sauce

Melt one cup of sugar in half a cup of boiling water, cover and let boil two or three minutes; uncover and let boil to 236° F. or until the syrup threads; when cool beat to a cream; set over a dish of hot water, add a teaspoonful of vanilla extract and two ounces (or more) of chocolate (melted) and beat until smooth and thin.

Dressing for Fruit-and-Nut Salad

French Dressing is the most appropriate dressing for a fruit-and-nut salad. Lemon juice is preferable to vinegar as



FRENCH APPLE TARTS

the acid, and sherry wine may replace part of the lemon juice. Three tablespoonfuls of olive oil, one tablespoonful of lemon juice, half a tablespoonful of sherry wine and one-fourth a teaspoonful, each, of salt and paprika will be found sufficient dressing for about one cup and a half of material.

Raisin Pie

Seed one cup of raisins; add one cup of boiling water and let cook until the raisins are tender. Mix two level tablespoonfuls of flour with half a cup of sugar and stir into the raisins; continue to stir until the mixture thickens. Beat two eggs; add half a cup of sugar, one-fourth a teaspoonful of salt and the juice of half a lemon; add to fruit mix-



CHOCOLATE ICE CREAM, RESTAURANT STYLE

ture; let cool a little, then bake between two crusts.

eggs, beaten dry, beating constantly meanwhile; add a teaspoonful of vanilla



DEVIL'S FOOD CAKE

Devil's Food Cake

Beat half a cup of butter to a cream; gradually beat in one cup of sugar; beat the yolks of four eggs until light; beat in one cup of sugar, then beat into the butter and sugar; add, alternately, one cup of milk and two cups and one-third of flour, sifted with four level teaspoonfuls of baking powder. Add two squares of melted chocolate, a teaspoonful of vanilla and, lastly, the beaten whites of four eggs. Bake in a sheet about forty-five minutes.

Boiled Frosting for Devil's Food Cake

Boil one cup and a half of sugar and half a cup of water to soft-ball or 236° F. Pour gradually on the whites of two

and spread over the cake. When the white frosting is "set," melt half a cake of Dot chocolate and pour over the whole.

Fudge Cake

$\frac{1}{2}$ a cup of butter, beaten to a cream
 $\frac{1}{2}$ cup of sugar
 Add 1 egg, well beaten
 1 cup of sour milk, in which 1 level teaspoonful of soda has been dissolved
 2 ounces of chocolate, melted
 A little salt and $\frac{1}{2}$ a teaspoonful of vanilla
 2 cups of flour in which 1 level teaspoonful of baking powder is sifted

Bake in moderate oven, in two small sheets; or as one dozen small cakes and one small sheet. Frost with chocolate or white frosting.

Frosting Without Eggs

2 cups of confectioner's sugar
 1 teaspoonful of lemon or orange juice and enough boiling water or cream to make of a consistency to spread on cake.

Beat well. If orange juice is used, add a little of the grated peel. This frosting may be varied by the addition of melted chocolate, or cocoa, in which case a few drops of vanilla is used instead of the orange or lemon. This is one of the most delicious frostings that can be made, and never hardens too much.



READY FOR TEA

Inexpensive Dishes for Private Homes and Public Institutions

Boston Brown Bread
Date Bread (entire wheat and white flour, dates)
Swedish Bread (corn meal and white flour)
Quick Nut Bread
Graham Bread
Yeast Doughnuts
Corn Meal Mush, Fried
Stewed Lima Beans, (dried)
Lima Bean Salad
Boiled Onions Boiled Parsnips
Beet Greens
Creamed Cabbage
Philadelphia Relish
Macañoni, with tomato, second broth, cheese
Cheese Custard (bread, skimmed milk, eggs, cheese)
Turkish Pilaf (rice, tomato, cheese)
French Hash (cooked beef and potatoes in small cubes cooked in broth)
Corned Beef Hash (potato, corned beef and green pepper)
Mutton, Creole Style (cooked mutton or lamb in cubes, in thickened sauce of broth
and tomato with green pepper and onion, chopped
and cooked in dripping, in a rice border)
Swiss Steak (round steak pounded with flour, simmered in water)
Round Steak en Casserole (with potatoes, onions and carrots)
Shepherd's Pie (slices of tender cooked meat in broth, mashed potatoes above
browned in oven)
Meat Pie (slices of tender, cooked meat, biscuit crust)
Breast of Lamb, Boiled (Pickled, Caper or Mint Sauce)
Breast of Lamb or Veal, Boned, Stuffed, Poêled
Flank Steak, Stuffed, Rolled, Poêled
Flank Steak, Broiled, Scalloped Tomatoes
Broiled Tripe, Scalloped Onions or Cabbage
Tripe, Creole or Lyonnaise Style
Scalloped or Creamed Tripe and Onions
Roast Shoulder of Young Pig, Boned, Stuffed, Roasted, Rhubarb Sauce
Fried Liver and Salt Pork, Fried Bananas
Bananas Baked in their Skins
Prune Pie, Apricot Pie
Delmonico Pudding, with Dried Peaches
Apricot Shortcake, with Dried Apricots
Baked Tapioca-and-Apricot (dried) Pudding
Steamed Date Pudding (bread crumbs, etc.)
Boiled Rice, Molasses
Boiled Rice, Sugar and Cinnamon
Poor Man's Rice Pudding (rice, milk, sugar, raisins)

Menus for a Week in May

"I consider the retention of cooking lessons (in the schools) more important than the study of languages." — Supt. New York City Public Schools.

SUNDAY

Breakfast

Oranges
Omelet Jardinière
Fried Hominy, Taft Fashion
Coffee Dry Toast Cocoa

Dinner

Tomato-and-Chicken Bouillon
Broiled Sirloin Steak, Maitre d'Hôtel
Butter
Potatoes Dijonnaise en Casserole
Dandelion Salad
Chocolate Ice Cream,
Marshmallow and Chocolate Sauces
Half Cups of Coffee

Supper

Cream Toast
Stewed Peaches (Dried)
Quick Nut Bread Sponge Cake Tea

WEDNESDAY

Breakfast

Eggs en Cocotte, Jardinière
Graham Muffins
Dried Peaches, Stewed
Coffee Cocoa

Dinner

Baked Shad
Mashed Potatoes New Beets, Buttered
Rhubarb Pie, Cream Cheese
Half Cups of Coffee

Supper

Mexican Rabbit
Canned Fruit
Cookies
Tea

MONDAY

Breakfast

Cereal, with Sliced Bananas
Broiled Bacon
Corn Meal Muffins
Coffee Cocoa

Dinner

Breaded Veal Cutlets, Tomato Sauce
Potatoes, Dijonnaise, en Casserole
Spinach, with Hard-Cooked Eggs
Boiled Rice,
Butter and Cinnamon
Half Cups of Coffee

Supper

Pepper Pot Soup
Baking Powder Biscuit
Strawberries
Tea

THURSDAY

Breakfast

Cold Corned Beef, Sliced Thin,
Mustard Creamed Potatoes
Boiled Rice, Thin Cream
Parker House Rolls (Reheated)
Coffee Cocoa

Dinner

Tomato Soup Veal Croquettes
Asparagus (as Peas)
Edam Cheese Toasted Crackers
Sliced Tomatoes, French Dressing
Custard Soufflé, Sabayon Sauce
Half Cups of Coffee

Supper

Cream Toast
Dried Peaches, Stewed
Tea Fruit-and-Nut Rolls Cocoa

TUESDAY

Breakfast

Creamed Salt Codfish
Baked Potatoes
Rice Griddle Cakes
Cocoa Coffee

Dinner

Breast of Veal Stuffed and Pöeled
Mashed Potatoes
Beet Greens or Dandelions
Chocolate Eclairs
Half Cups of Coffee

Supper

Kornlet Custard
Bread and Butter
Chocolate Eclairs
Tea

FRIDAY

Breakfast

Finnan Haddie Baked in Milk
White Hashed Potatoes
Radishes
White Mountain Muffins
Coffee Cocoa

Dinner

Fresh Mackerel, Baked
Mashed Potatoes
Onions Stuffed with Mushrooms
Hot House Cucumbers, French Dressing
Lemon Sherbet Sponge Cake
Half Cups of Coffee

Supper

Cheese Custard
Stewed Prunes
Gingerbread
Tea

SATURDAY

Breakfast

Calf's Liver and Bacon
French Fried Potatoes
Spider Corn Cake
Dry Toast
Coffee Cocoa

Dinner

Roast Loin of Veal
(Flank removed for stew)
New Potatoes Cooked with Veal,
Asparagus on Toast
Baked Bananas, Sultana Sauce
Poor Men's Rice Pudding
Half Cups of Coffee

Supper

Savory Rice with Cheese
(onion tomato, green pepper)
Bread and Butter
Stewed Prunes
Tea



Concerning Our Bill of Fare

By Janet M. Hill

"A Meal! What is it? Just enough of food to renovate and well refresh the frame, so that, with spirits lightened and strength renewed, we turn with willingness to work again."

"In the development of flavor lies the secret of good cooking, and in the enjoyment of it the art of wholesome eating."

SOMETIMES, in an effort to cut down the cost of food supplies, the same articles of food are served on certain days, week after week. If any member of the family happens to dislike the dish served on a certain night, and recalls the matter, there is certainly no great inducement to walk home briskly; and if an excuse for remaining away is offered, it is likely to be welcomed. Many are the jokes on "feeding the brute," but these jokes do much harm. They are occasioned by a woeful ignorance of the first principles of dietetics. Many times the mother of a family fails to grasp the relation between food and health, and food and character. Health and character are dependent largely upon the contingency that what one eats is properly converted, or not, into good blood, and, eventually, into good muscle, brain and nerves.

One may keep down the expense of food supplies and yet provide such food as will satisfy the family and give each member the courage and light-heartedness necessary to bear the burdens of the day. To do this, thought and oversight must be displayed at the market and in the kitchen. No matter how well you may think of your marketman you can not get as good or satisfactory supplies by ordering over the telephone as you

can when you visit the market in person. In food, it does not pay to buy "seconds." If you wish half a ham to boil and pay two cents a pound more for a really choice article, you will find a way to use every shred of tender, lean meat, and most of the fat; an inferior ham will never cook perfectly tender, and there will be quite a few, strong, over-salty pieces (especially if you buy the shank end) for which you can find no use. The inferior ham will give no real satisfaction. Pass it by.

When considering the several cuts of beef or mutton, the matter is entirely different; the cost of the different cuts depends on the ease with which they are cooked or on the presence or absence of bone, etc. All of the flesh should be palatable when cooked in the way its texture warrants.

Tender roasts of beef or mutton, steaks and chops commend themselves to rich and poor alike, on account of the ease with which they are cooked, and, also, because of the pleasing flavor which is developed in roasted and broiled meats even if cooked indifferently. In dealing with the cheaper cuts, tenderness can not be secured except by the most careful and painstaking application of heat; and the appetizing, caramel flavor of the roasted meat must be exchanged for such flavor as can be added

by the use of browned or caramelized vegetables. Such cooking calls for skill and a willingness to expend time on the details of the work. Then, in cooking the cheap cuts of meat, the things to be sought for are tenderness and flavor. If the vegetable flavor to be carried by the meat is to be fresh and appetizing, the vegetables must not be subjected to too long cooking; thus the time when the combination is to be made will depend upon the condition of the meat and can not be given off hand. Meat and vegetables can not be put all together into a receptacle and left to cook indefinitely, if the finished dish is to come forth a *chef d'oeuvre*.

The vegetables most commonly used to flavor meats are onions, carrots, tomatoes, peppers, and mushrooms. Onions and carrots may be used at the beginning of the cooking process, when meats are to be braised or pöeled, processes which call for three or four hours of gentle cooking. Tomatoes should not be added until within about twenty minutes before the time of serving.

After cooking a piece of corned beef, pork or mutton, set the meat in the oven and cook pared potatoes in the broth.

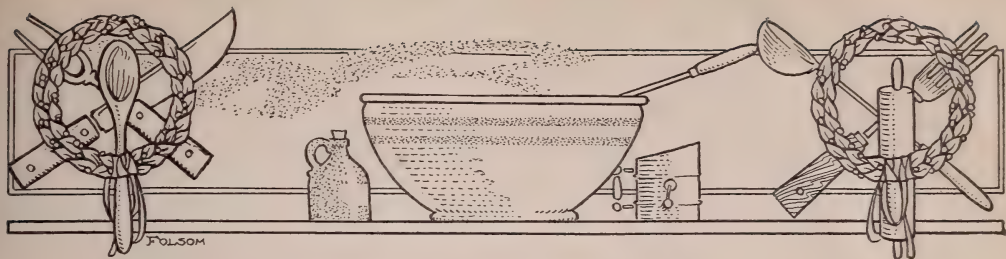
When tender meat of any kind is available for reheating, serve it Creole style. For each pint of meat, cut in thin slices and free from all unedible portions, chop fine one tablespoonful, each, of green pepper and onion, let cook in three tablespoonfuls of hot fat until slightly softened, add three tablespoonfuls of flour and cook, then add a cup and a half of meat broth and tomato purée (half and half or thereabouts) and when boiling, add the meat, half a teaspoonful of salt, a grating of horseradish and a teaspoonful of lemon juice; reheat without boiling and serve within a border of hot boiled rice.

The fat in which the onion and pepper are cooked need not be butter or oleomargarine; that taken from the top

of soup stock is eminently satisfactory. Still, if the family be sedentary people, with impaired digestion, vegetable oil will probably serve the purpose better. The nature of a vegetable oil is not changed until it is heated to a very high temperature, thus by its use, if moderate care be taken, many dishes, once thought suitable only for those working in the open air, may be enjoyed by people living largely indoors.

Those who are interested in keeping down the cost of food supplies should make a careful study of the possibilities of vegetable oils. Butter is the most expensive form of fat used in meat cookery, and unless carefully clarified before use is certainly a chief occasion of dyspepsia; even when clarified all the objections to its use are not removed. Where the heat of the cooked article supplies all the cooking called for, oleomargarine may take its place.

One cause of the high prices of food products lies in the fact that housekeepers do not value food supplies unless they are in a condition to be put upon the table without delay. Lack of help is probably a chief reason for this fact, but, after all, do any of us spend time enough in the kitchen. No one seems willing to use salt fish, dried beans, or fruit, because they must be soaked over night. Yeast doughnuts are almost unknown, because they can not be fried for two or three hours after mixing. Home-made bread and rolls are scarce for the same reason, while the consumption of corn meal per capita has been much lessened, because we can not take the time to steam brown bread, bake Indian pudding or prepare mush for frying. Life in the country, where roomy, airy kitchens, with screened piazza attached, make possible the spending of some time comfortably in the preparation of meals, is one of the ways in which the cost of the food supplies for a family may be lessened without loss of satisfaction to the family.



Lessons in Elementary Cooking

By Mary Chandler Jones

Teacher of Cookery in the Public Schools of Brookline, Mass.

LESSON XX

Baking Powder Mixtures, Continued

Muffins

Up to this point, in our consideration of baking-powder mixtures, we have studied only those which are stiff enough to be handled, "doughs" as they are called. In these mixtures about three times as much flour as liquid is used. (Compare the recipes for bread and baking powder biscuit.) For some purposes a less firm dough is required and then, naturally, a larger proportion of liquid is added, though still the consistency remains thick enough to handle upon a board. It is a fairly good rule, however, that too much flour in any dough tends to make the result tough, dry and heavy. We now turn to a class of bread stuffs wherein the mixture is made much thinner, so that it can no longer be handled or rolled with the rolling pin, but must be beaten with a spoon, and this we call a "batter." Among batters we find, again, a great variety of consistencies; differing, of course, with the proportion of liquid added and according to the purpose for which the batters are to be used. We speak of a batter that is thin enough to be poured as a "pour-batter" and in this we use about equal amounts of liquid and flour. A batter that falls irregularly from the bowl or spoon in large drops is called a "drop-batter," and in it the amount of liquid is about one-half the amount of the flour. Between the

drop-batter and a soft dough we may place a batter that can scarcely be beaten and yet is not stiff enough to be placed on the board and shaped. Such a batter we used for the apple-cake in the last lesson.

In all dealing with doughs and batters, of whatever consistency, it should be remembered that the air which is cut, folded or beaten into them, is of great assistance in lightening the article. In the case of yeast, the air helps the growth of the little, one-celled plants as well as supplements the bubbles of carbon-dioxide gas that are formed. In the baking powder mixtures, thorough beating and the consequent introduction of air, to supplement the gas set free from the powder, make necessary a smaller quantity of it, which is desirable, since too much baking powder tends to make the mixture dry and tasteless.

By following certain general rules it is not necessary to give a new rule in each recipe for muffins. Some of the muffin rules apply equally in the preparation of cake.

General Rules for Mixing Muffins

1. Have the muffin pans at hand, warm and thoroughly greased. (For greasing, use a piece of clean brown paper, which may be thrown away at once after the tins are prepared. A brush is very objectionable, because of the shedding of the bristles, sure to happen sometime.

The brush, too, may, through inadequate cleansing, impart a disagreeable flavor to the crust of the muffin.

2. Measure the ingredients and see that they are in readiness.

3. Mix and sift together the dry ingredients.

4. Beat the egg very thoroughly.

5. Add the milk gradually to the dry ingredients, stirring at the same time to make a smooth paste. Leave a little of the milk to rinse the egg from the bowl in which it was beaten.

6. Add the egg.

7. Add the melted butter, last of all, and beat the mixture vigorously but not too long. (Notice the bubbles. What is the danger in long beating?)

8. Pour into the prepared muffin pans and bake about twenty-five minutes in a moderately quick oven. (Refer to the general rules for the oven and for baking, given in Lesson XVII.)

9. If gem-pans are used, they should never be filled more than two-thirds full, and if any are left unfilled, they should have a little water put into them. Otherwise the pans themselves will be spoiled and the cakes will be likely to burn.

Corn Meal Muffins

$\frac{3}{4}$ a cup of corn meal	1 tablespoonful of
2 teaspoonfuls of	sugar
melted butter	$\frac{1}{2}$ a teaspoonful of
$\frac{3}{4}$ a cup of flour	salt
3 tablespoonfuls of	$\frac{3}{4}$ a cup of milk
baking powder	1 egg

Mix and bake by the general rule.

Graham or Entire Wheat Muffins

$1\frac{1}{2}$ cups of graham or	baking powder
entire wheat flour	1 teaspoonful of salt
$\frac{1}{2}$ a cup of white flour	1 cup of milk
3 tablespoonfuls of	1 egg
sugar	1 tablespoonful of
$3\frac{1}{2}$ teaspoonfuls of	melted butter

Mix and bake by the general rule.

Rye Meal Muffins

1 cup of rye meal	3 tablespoonfuls of
1 cup of flour	molasses
3 teaspoonfuls of	1 cup of milk
baking powder	1 egg
$\frac{1}{2}$ a teaspoonful of	2 teaspoonfuls of
salt	melted butter

Mix and bake by the general rule. Add the milk to the molasses and stir them in together.

White Flour Muffins

$\frac{1}{2}$ a teaspoonful of	$1\frac{1}{2}$ cups of flour
salt	2 tablespoonfuls of
$\frac{3}{4}$ a cup of milk	sugar
1 egg	2 teaspoonfuls of
1 tablespoonful of	baking powder
melted butter	

Mix and bake by the general rule.

From the study of muffins we turn to a dish very popular in America and often over-estimated in the minds of the pupils. The ability to make good "cake" seems, to many, a greater accomplishment than to prepare a light and nutritious loaf of bread. Cake is a luxury and should be so regarded. Rich and elaborate cakes, with complicated frostings, are extravagances—wasting time, money and digestion. They have no place in a public school course in cooking. On the contrary, the influence of such a course should be to make attractive simpler forms of sweets. If cake is to be prepared at all, at home or at school, the best of materials must be used and care must be taken to see that there is no waste.

If we examine many recipes for cake, we shall find that they may be divided into two great general classes, cakes without butter and cakes with butter. The former are called "sponge cakes," the latter, "butter cakes." (From what the pupils know of the effect of butter upon any mixture, what would be the characteristic features of each of these kinds of cake? Is this borne out in experience? When a cake has too much butter in it what two evils may result?)

These cakes vary in the proportions of their ingredients and may seem to be of many kinds, by changes in flavoring and frosting, while the foundations remain the same. If we learn once to put together the simplest kind of each, we may be able to prepare others, with different proportions or richer ingredients.

Sponge cakes depend for their characteristic texture upon the free use of eggs. They are never rich in the sense of being tender, but an elaborate sponge cake is lightened wholly by the air that is beaten into the eggs with which it is mixed. In ordinary sponge cake, however, a little baking powder is added, to supplement the smaller amount of egg used and water or, sometimes, milk is used as a liquid to mix with the flour. (Which cake will be tougher, that with water or milk? Why?)

Sponge Cake with Water

$\frac{3}{4}$ a cup of flour	3 tablespoonfuls of cold water
1 teaspoonful of baking powder	$\frac{1}{2}$ a teaspoonful of flavoring
Speck of salt	1 egg, white and yolk beaten separately
$\frac{1}{2}$ a cup of sugar	

Beat the yolk of the egg until it is thick and light-colored, and the white of the egg until it will stand up and not fall out of the bowl, when the bowl is inverted. Add a little of the cold water to the yolk, then the sugar and then the remaining water. Sift together the salt, baking powder and flour and add gradually to the egg, sugar and water mixture. Add the flavoring and, last of all, the stiff white, cutting and folding it in, so as not to break the bubbles. Pour at once into a pan lined with buttered paper and bake about twenty-five minutes in a moderate oven.

This cake may be flavored with vanilla, lemon or almond extract.

Plain Cake

$\frac{1}{4}$ a cup of butter	2 teaspoonfuls of baking powder
$\frac{1}{2}$ a cup of sugar	$\frac{1}{2}$ a teaspoonful of flavoring
1 egg	
$\frac{3}{4}$ a cup of milk	
$1\frac{1}{2}$ cups of flour	

Cream the butter by rubbing it in a bowl with a wooden or silver spoon. Add the sugar and then cream the two together. Mix and sift together the other dry ingredients. Separate the egg and beat each part as in the recipe for sponge cake. Add the beaten yolk to the sugar and butter, then a little

milk, with the flavoring, and then add the flour, etc., and the remaining milk, alternately. Last of all, cut or fold in the stiff white of the egg and bake about twenty-five minutes in a moderate oven. (Which requires a hotter oven, sponge cake or butter cake? Why? Which is more in danger of burning? Why?)

The flour used for cake should always be sifted before it is measured. Measure a cup of unsifted flour, turn it out on a clean plate and then sift it. After sifting, try to put it back into the cup. Is there any difference? What difference in texture do you observe between sifted and unsifted flour? The dry ingredients should always be sifted together, at least once, after being measured. This will help to lighten the cake by the air which is, in this way, combined with the flour.

A Simple Water Frosting

1 cup of powdered or confectioners' sugar	fruit juice
1 tablespoonful of	About 2 tablespoonfuls of boiling water

Mix the sugar and fruit juice, then add gradually enough boiling water to make of a consistency to spread on the cake. Milk may be used in place of boiling water and any desired flavoring may be added. Powdered cocoa or a little melted chocolate may be mixed with the sugar, using as much as appearance and taste demand. This frosting is so simple and may be so easily made right, if it is too thin or too thick, that it need never be wasted.

Seeded raisins may be added to the plain cake, with or without a little spice. A portion of the batter may be separated and mixed with enough powdered cocoa to give it a desired color and then be spread in uneven layers with the white cake in a pan, making what is known as "marble" cake. A little ingenuity may devise, from these simple materials, a variety at once wholesome and attractive.

Care must be taken in the baking of the cake that the stove and oven be not

jarred, by heavy moving across the floor or by careless closing of the oven door. No draft must be allowed to enter the oven, as this also might cause the cake to fall. The cake should rise evenly and not brown too soon. Too hot an oven will cause the cake to crack in the middle and to be rough in appearance after it is baked. It is well to remember that the battle is by no means won, when the cake is placed safely in the

oven. That "there is much in the making but more in the baking" is proved by many a burned or fallen cake. When the cake is removed from the oven, it may be allowed to stand for a few moments before removal from the tins, to make it come out more easily, then it should be cooled quickly on a cake-cooler or in some way so that it is surrounded by a draft of fresh air on all sides.

The Veranda Girls

By Virginia Church

PART IV.

In Which Chrystabelle Gives a Kimona Luncheon

SPRING came, with its insistent call to the out-of-doors, and the club girls were to be found on the verandas very often these days. I don't remember that I've ever mentioned that the Ellises spent part of each winter in California, and that some years ago Mr. Ellis brought home, as valet, a little Jap named Ishikawa, of whom the family think worlds. Chrys was in New York this Easter, and, on her return, incidentally dropped the information that she had spent most of her time in Japanese and Oriental shops. After that, Chrys and Ishikawa were in frequent consultation. It all came out when, in May, Chrys issued her invitations to a Kimona Luncheon.

The Veranda Girls all worship Chrys, not because she's rich and wears such lovely clothes, but because she's so clever and generally adorable. We knew that her luncheon would beat the others all hollow, but we didn't expect the gorgeous treat she gave us. Our invitations were written on fascinating Japanese parchment paper rolled over a tasseled stick. The paper was decorated with storks and tortoise, and all the quaint symbols that are so common in Japan. Our "Honorable Presence" was requested for two o'clock on Friday, May

the twenty-eighth, and there was the added information that the "jinrickshaw" would call for us at one-thirty. Chrys telephoned we were to come in our "kimmies," and by Friday our expectations were on tiptoe.

The rickshaw (Chrys' automobile) came promptly, and we found a Japanese umbrella on the seat for each of us. It was a good thing, because our hair was done up with little fans and tiny lanterns and we couldn't have worn hats very well.

We picked up Rose and Patty Crosby on the way, as they were the fortunate mortals to make up the lucky six. Most of us wore silk kimonas, though they weren't new, having seen service at college.

The luncheon was like sunsets I've seen, or vistas that I've come upon suddenly in driving, holding me enthralled while in their spell, but almost impossible to adequately describe. I'm going to tell about Chrys' luncheon just as we saw it, though no one could equal it. Nevertheless, one could copy it in a less ambitious way, and fake some of the effects that with Chrys were the real thing.

When we arrived, there was our hostess on the veranda to greet us, in the

most beautiful kimona you ever saw. It was one of those thick, padded affairs of pale blue crêpe, embroidered in lavender wistaria and silver storks. Her hair was dressed in the most professional manner, and decorated with antique Japanese silver ornaments. After much salaaming and kowtowing, she led us to the table. A bower had been built between the house and the river. It was constructed of thatched branches, the inside of which—being our tea-house—was a solid mass of cherry blossoms, and beyond these and hidden by them mandolins tinkled throughout the meal.

Each of us was given a piece of white crêpe paper about four inches square, on one side of which was pasted a second two-inch square, this of silver paper. Chrys made these herself, under Ishikawa's direction. We were told to light them at a little jar of incense curling its smoke by the entrance, and throw them back of us as we went in, to drive back the evil spirits.

The table was of bamboo and straw and stood only a foot from the ground. We sat around it, crosslegged, on cushions. The centerpiece and plate doilies were of embroidered Japanese linen. At either end, an exquisite *cloisonné* vase held two sprays of cherry blossoms. I knew that Ishikawa had arranged them because the arrangement of flowers with the Japanese is a part of their religion. In the center of the table was a large bowl of rice, and around it were smaller dishes of dried fish, crab meat, salted ginger, and soy. Our first course consisted of the rice, served with soy,—which is a sauce made of red beans with salt, pepper and grated-pickle seasoning. Then we had relishes of the fish and ginger, and though everything looked queer and oriental, it was as good as good could be.

And talk about your "Three little girls from school" in Mikado, we had the most fetching servitors you ever saw! Ishikawa didn't serve, he just "butled," and Chrys had imported two

of the cunningest little Japanese maids from a tea-house in Boston. They looked exactly like bisque dolls, and moved about as quiet as mice.

When the next course was brought in, I felt as if I were being invited to eat the parlor bric-a-brac. There were two large ducks, sitting up as big as life in a bed of sea-weed. Their heads and feet were left on, and their bills and claws were gilded. We ate the duck, and the sea-weed, too, for it was "tang," and very good when properly prepared. With this course we had rice bread, millet cakes—made from the millet just as you would corn bread—and edible birds' nests. I felt like a savage, eating those birds' nests. They were gummy, and like gelatine, but very palatable.

For a salad course we had lotus bulbs, dressed with oil and lemon, and garnished with hard-boiled eggs. There were also those delicious Japanese tea wafers, very thin and brittle. The lotus salad tasted like our endive, especially that with a slightly bitter flavor.

I forgot to say we had tea with everything. "*Un thé*," Ishikawa called it, which means the finest tea, and, instead of sugar, we had sticks of candy to stir the tea and sweeten it.

Next, our table was cleared for a triumphant climax. Heaping dishes of fruit, mandarin oranges and Tokay grapes, were set at either end. Japanese rice candy and other sticky confections were placed about on the table. Two little dwarf oaks replaced the cherry blossoms. Then Ishikawa very proudly ushered in the dessert.

"Fujiyama mountain!" we all exclaimed in one breath. There it was, sure enough, the inevitable mountain that we see on all their postcards, lacquer-ware and china. The base of the cone-shaped mountain was, in this instance, made of chocolate ice cream, its snow-capped peak of vanilla, and, where the two joined, were fleecy clouds of whipped cream. Most of us would have had to lie awake nights to con-

ceive a chef-d'œuvre like this, but I know it just tumbled easy-like into Chrys' fertile brain. We howled a protest when she went to cut it, but cut it she would, and then we didn't let our sentiments interfere with our appetites. And what do you think? Inside the crater, just like a bed of coals and lava, were candied red cherries and candied orange peel.

Lastly, we sipped saki from mugs—real saki, that Ishikawa had run down in some Japanese settlement,—and nibbled the confections, while our two little ornaments—I mean maids—sat down at the entrance, produced tiny mandolins from out their sleeves, and proceeded to sing the weirdest little Japanese songs you ever heard.

And it wasn't over yet, either. From the table we were conducted to another cherry-bower down by the water's edge, and here we half reclined on cushioned banks, while Chrys herself, looking very like a Jap, with her slanty almond eyes and native costume, read to us from a precious old book of Japanese folk lore. We didn't want to move, and the evening shades were beginning to steal down the river before we could persuade ourselves to break the illusion and come back to an everyday world.

That night, I sat by my window in the starlight, and thought it all over. I was awfully glad that Chrys and Sue and Doll and all of us were Veranda Girls.

A May Queen

If I could be, once more, a tiny maiden,
A-smiling, glad of each surprising day,
I know I'd like to join some merry children,
And help to crown a splendid Queen of May.

If I could be again a winsome lassie,
Quite weary of my happiness and play,
I'd sing, I would, tho' little feet were weary,
And joy to think I'd seen a Queen of May.

Yet when long evening shadows came a-creep-
ing,

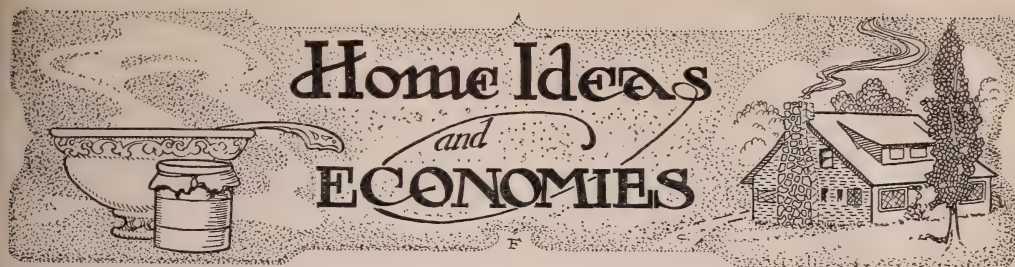
Within two loving arms, I'd joy to stay—
And, slowly swaying, whisper soft the story,
About a Queen, a fairy Queen of May.

ALIX THORN.

"Nutrition involves more than the caloric value of a foodstuff. Fine flour bread contains all the elements of nutrition, but not in proper proportion. Wheat contains the nutritive elements in right proportions. An important nutritive element which is almost entirely lacking in fine flour bread are the lime salts. These are just as necessary for complete nutrition as are carbohydrates, fats or proteins. Fine flour bread contains only one grain of lime to the pound, while whole-wheat bread contains four times as much. According to Professor Sherman, of Columbia University, lime starvation is

becoming almost universal among the people of the United States because of their use of fine flour bread.

The question of digestibility is not one of importance in relation to bread, for whole-wheat bread is digestible enough. Some undigested residue is necessary. The complete digestibility of fine flour bread is one of its objectionable features, since it leads to constipation, which in turn leads to intestinal autointoxication, "biliousness" and numerous other troubles. The human body is not a chemical laboratory and its needs cannot be determined altogether by chemical analyses."



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Details of Running a Hand Laundry

THE value of the small laundry in a community lies in taking the work out of the house, in ensuring good work, in a guarantee that no harmful chemicals are used, no possibility of surreptitious wearing of clothes, as is sometimes the case with individual laundresses, and also in protection from contamination by sick room work.

But if my advice were asked about starting a co-operative or a hand laundry on a small scale in the average community, I should say "don't," with emphasis, unless the parties interested have untiring energy and a gift for looking after details. My reasons are the cost of outfit, and of running the business, for it will not go successfully without constant oversight, and, last, the uncertainty of patronage.

The best of people are extremely whimsical about their laundry, and so small a matter as a torn sheet or a trifling spot will sometimes lose a customer. This makes little difference to the steam laundry, which has a whole city or large town from which to draw its patrons. But, in spite of dubious advice and discouragements, it may seem best to start such an enterprise in the belief that it will be an exceptional success.

The small laundry, which is the type to be considered, must be so located as to have a clean, sunny place for drying clothes, which in most localities must be a yard protected from thieves, because the clothes will not always dry during

the day. Sometimes a roof is available, when there are no buildings near in which soft coal is used.

A well-ventilated room must be provided for the washing, another for ironing and a third room, which may be quite small but fitted with shelves, for storing different packages.

The plumbing for the wash-room will be rather large, as lifting hot and cold water must be avoided as much as possible. The water should be heated in a large stationary boiler or tank. Set tubs are the most satisfactory, but if the number needed, four at least, is too costly, galvanized iron tubs can be used, filled by hose and emptied by turning into sloping cement drains in the floor of the wash-room. A cement floor is cleanest and best, if the laundresses have thick rope mats or wooden racks to stand on, for direct contact of the feet with the cement soon undermines health.

The water supply should be soft, and if not possible to secure this in a natural state it must be softened by the least harmful method. Indiscriminate use of washing soda and chloride of lime, for instance, must not be allowed. Borax and ammonia are helpful in this emergency, but an overdose of anything will need to be watched for by whoever is in charge.

The small laundry will depend on wash-boards and hand-wringers, and plenty of large and small baskets are also essential. In the ironing room, besides the essential tables with padded coverings, the needed outfit includes plenty of good irons to prevent loss of

time by waiting.

All supplies, like soap and starch, are cheaper when bought by the box, but the amount required each day must be estimated and given out while the main stock is under lock and key. Employees may not be dishonest, but they are likely to grow careless, when there is an abundance and no account is taken of supplies.

One of the chief items in a small laundry is some method of marking that will prevent confusion or loss. An indelible mark should be inconspicuous, a fact that some of the large steam laundries seem to forget. For extra nice articles, the mark can be made on a bit of white cloth and this be attached by a loop of strong white thread.

It is best that clothing from patients with contagious diseases be refused altogether. All women employed in the laundry should be in fair health; none suffering from tuberculosis or other communicable diseases should be considered.

It is self-evident that the sorter and marker must be painstaking and accurate. The same person may pack the finished work and see that it tallies exactly with the first list. Typewritten or printed lists are needed for accuracy. These may have a good number of blank spaces left for filling in the names of articles of clothing sent infrequently.

The laundresses must have a fair degree of skill and, at least, one ironer must be able to do a fancy grade of work like embroidered waists, fine lingerie and women's collars. Men's shirts, collars and cuffs are not expected to be included in the work of any small hand laundry, for it cannot compete in results or in prices with steam laundries that have specialized on this branch of work for years.

The collection and delivery of laundry work is another expense. In a small town some of the packages may be carried and taken away by the patrons, but the larger number must be cared for in

this respect by the laundry.

Prices for work must be sufficiently low to mean a saving over having the work done at home. Sentiment counts for little in this connection and, although at first the relief from having the work taken from the house will be appreciated finally, this will be forgotten and, as in so many other things, it will be only the dollars that count.

Last of all, strict account of expenses and receipts and of each patron's business must be kept, else the venture will fail in a short time. It ought to be a strictly cash business, although some families may prefer to pay monthly. Discretion must be used and no bill be allowed to stand over one month.

Those who join in running a strictly co-operative laundry should be prepared to stick to the proposition through its experimental stage, and to swallow their dissatisfaction over blunders. The early days of any undertaking are either too bright or too discouraging. A year or more is none too long a time to prove whether it is worth continuation.

A. E. W.

* * *

Life's Mistakes

SOMEbody has condensed the mistakes of life and arrived at the conclusion that there are fourteen of them. Most people would say, if they told the truth, that there was no limit to the mistakes of life; that they were like the drops in the ocean or the sands on the shore in number, but it is well to be accurate. Here, then, are the fourteen great mistakes:

It is a great mistake to set up our own standard of right and wrong and judge people accordingly.

To measure the enjoyment of others by our own.

To expect uniformity of opinion in this world.

To look for judgment and experience in youth.

To endeavor to mold all dispositions

alike.

To yield to immaterial trifles.

To look for perfection in our own actions.

To worry ourselves and others with what cannot be remedied.

Not to alleviate all that needs alleviation just as far as it is in our power.

Not to make allowances for the infirmities of others.

To consider everything impossible that we cannot perform.

To believe only what our finite minds can grasp.

To expect to be able to understand everything.

The greatest mistake is to live for time alone, when any moment may launch us into eternity.

The Folly of Worry

The same brain can't at the same time dwell on work and worry. You can't dare while you despair. Meet trouble half-way, make it race after you. There are obstacles in all roads and they are only insurmountable to cowards. No one ever got to the top without a tussle. It isn't so much the quality of a man's mind as the quantity of his nerve, that brings him through. So long as ruin is only a possibility, there is always a chance to escape. Get out of the fright habit and into the fight habit. Many a man has missed a picnic because he was certain a cloudy sky meant rain.

T. A. T.

* * *

Some Philadelphia Luncheon Menus

Fruit Salad, in Tall Glasses
Bouillon, with Whipped Cream
Lobster in Shells, Tartare Sauce
Sweetbreads

Squabs on Toast Pease
Salad, Tomatoes on Lettuce, Garnished with
Squares of *Pate de foie*
Ices in the form of a huge strawberry covered
with crystals of red sugar, inside the
red, a bomb glace. Petits Four
Coffee, in the parlor. Before the luncheon,
cocktails were served there as appetizers

The decorations for this luncheon

were pansies, arranged low, of course, for the centrepiece, in a gilt affair with fruit modeled in relief and done in colors, something new and unique.

A pink and white luncheon with green, also, made a charmingly dainty effect of a rather elaborate nature.

The centrepiece was pink Killarney roses with white lilacs. Smaller vases of the same flowers were placed around it, although pale pink snap-dragons, or other pink and white flowers could be used, such as pink hyacinths, for a spring luncheon.

The candies carried out the color scheme: very charming colored glasses with long stems being used; for instance, pale pink or white almonds in green glass; green mints in pink dishes, etc. The china was mostly pale green, but variety was given by the many handsome colored glasses and a gilt basket holding one enormous bunch of fine hothouse grapes.

The menu was:

	Fruit Cocktail	
	Clam Bouillon	
French Artichokes, Hollandaise Sauce		
Birds on Toast, with Minc'd Ham over the		
Birds		
With these was served on the plate a		
cracker with a square of jelly.		
Peas and new Potatoes went with this		
course. Terrapin.		
Salad of Aspic Jelly, with Dressed Endive		
in the centre of the Ring of Aspic		
Vanilla Ice Cream and Strawberry Ice Cream,		
served in high glasses		
Cake	Candies	Nuts
	Coffee	

The cards were pink and white, tied with pink ribbon, while little favors were a pink lady, with skirts much accordion-pleated, coming through a gateway of a formal garden, with latticed archway over her head.

A "Spring Opening" Luncheon had for place cards a milliner's hat stand with a modish hat on each. These can be easily fashioned by girls who can paint in water colors, or who can make tiny hats of silk and lace and tiny feathers. The base is simply a wooden button mould, either gilded or painted black

and gummed to a good-sized white card. The standard is a small piece of wood like a small pencil in size. The guest's name is written upon the large white card at the base of the hat standard. If any literary games are to be played, then real pencils can be used.

The menu for this Spring Opening Luncheon was:

Grapefruit in Glasses

Clam Bouillon

Shad, with Roe, served on a large silver platter

Cucumbers, passed separately Sauterne

Birds Pease New Potatoes

Pineapple on Lettuce, French Dressing. With this Crackers and Neufchatel Cheese were passed.

Ices, to simulate Asparagus. Cakes. Candy.

Coffee, in gold cups

The flowers were violets in each finger-bowl, with a centrepiece of Chinese azalias.

How a Large College Near Philadelphia Fed Its Alumnæ

Pennsylvania is far enough south to be in the fried chicken belt; even at church suppers they have hot turkey, so here, instead of ham sandwiches and cold meats, fried chicken was the main hot dish.

Grapefruit was at the places, also rolls and butter.

Olives and radishes in double relish dishes were on the table. Fried chicken and Rice Croquettes were served, together, the rice being preferred to potato croquettes or fried potatoes. Fresh Strawberry Ice Cream, Fancy Cakes and plenty of good Coffee made a pleasing feast, and it was announced that the centrepieces of beautiful daffodils were to be taken by the guests and distributed, as they left the table.

What Women Can Raise for Profit

SINCE women are more and more engaging in the management of country homes for pleasure, or livelihood, the question what will grow profitably is of interest. For wealthy owners of large estates the following is suggestive.

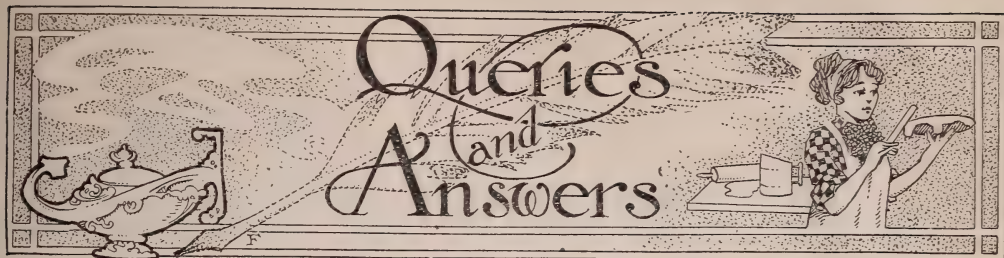
Pecan trees do not come into bearing very soon, but when once established they form a valuable orchard with sure market for the crop, since the demand increases faster than the supply of choice varieties.

A very happy combination of nut growing and other farming is exemplified on a South Carolina estate, which might be imitated with chestnuts or hickory nuts, where pecans do not thrive. Major Horlbeck of Christ Church Parish, Charleston County, S. C., has six hundred acres of nut trees, that is to say about ten thousand trees, with a yield of ten tons of nuts.

To divide his groves for safety from fire, he has many at Boone Hall, his residence, and some a little distance away. The trees are planted far apart to admit sunlight and allow for spread of roots and branches when the full growth is attained, without sacrificing some trees to make room for others. Meanwhile, further use of the land is made by planting much of it with asparagus. This crop requires but little care; its season for cutting is soon over in the spring and asparagus is always in demand at good prices. As the nuts are gathered in the autumn, the two crops do not conflict at all, and cattle turned in to graze do not eat the asparagus during the summer and autumn; no stock will. They feed upon the grass and so the asparagus plots do not require any fencing—and thus a large item of expense is saved.

To find what is suited to one's land is wisdom; for instance, in England there was a locality with such stiff soil that the tenants were getting poorer and poorer, and as they could not pay their rents, the land holders were cut off in revenue. When planted, however, with asparagus and plum trees good crops were obtained, and now this same locality is known everywhere as "the fertile Vale of Evesham." It sends enormous amounts of produce to London markets.

J. D. C.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus remit \$1.00. Address queries to Janet M. Hill, Editor, BOSTON COOKING SCHOOL MAGAZINE, 372 Boylston St., Boston, Mass.

QUERY 1839.—“Recipe for Candied Mint Leaves.”

Candied Pansies, Mint Leaves, Etc.

Set an ounce of gum arabic and nearly half a cup of cold water over the fire in a double boiler and stir occasionally while melting. When cold use this in brushing over the leaves, petals or blossoms, whatever is to be candied. If flowers are used, the stems must be perfectly covered with the solution, as also both sides of leaves and petals. Let dry on piece of table oil cloth. Let just as small a surface as possible rest upon the oil cloth. More gum arabic should be at hand, that it may be added, if the mixture be too thin to dry well. Make a syrup in the proportion of half a cup of water to one cup of sugar. Let boil to about 234° Fahr. just as in making fondant. When cold dip into it the prepared leaves and blossoms, and dredge with granulated sugar on both sides. Let dry and store in a receptacle that may be tight closed.

QUERY 1840.—“Are fresh apricots obtainable in Eastern markets? Is not the fresh fruit more nutritious than that which is dried? Where is this fruit grown? Kindly give recipes for Canned Apricots, Apricot Jam, Apricot Jelly and other apricot recipes.

Regarding Apricots

Webster's Dictionary gives apricots as

an orange-colored, oval-shaped fruit of delicious taste, by cultivation introduced throughout the temperate zone. We do not think the fruit is grown in sections along the Atlantic coast, but the fresh fruit, of small size, however, is found in June and July in the Eastern markets. Having a very pronounced flavor even after cooking, canned apricots are much higher flavored than canned peaches. The nutritive value of apricots is not high; in this respect it is like all our fresh fruits save the banana. Dried apricots, on account of the loss of water by evaporation, would be, pound for pound, more nutritious than fresh fruit. In general, fruit is valuable for its flavor rather than its food value. We very much doubt the wisdom of buying apricots in the Eastern markets for canning. Apricots are canned in the same manner as peaches. Often the skin is retained. Canned apricots may be bought at from eighteen to thirty-five cents per can. The apricots in the higher priced cans are of large size and tender; these were peeled before canning.

Stewed Apricots (Dried)

Cover about half a pound of apricots with cold water and let stand over night. Add more water, if needed, cover and let simmer until tender; add from half to three-fourths a cup of sugar and let

simmer about ten minutes longer, uncovered.

Apricot Jam

This may be made from dried or canned fruit. Press the canned fruit through a sieve; add the syrup, half a cup or more of sugar and let simmer, stirring often, until thick. Press the dried fruit, after it has been cooked tender, through a sieve, add the liquid and a generous allowance of sugar (three-fourths a pound to a pound of dried fruit) and let simmer, stirring often, until thick.

Frozen Apricots

Press the apricots in a can through a fine sieve; add the syrup from the can, one quart of cold water and two cups of sugar and freeze. This gives a handsome orange-colored and most delicious tasting ice. With a whipped cream centre it forms a showy bombe glacé.

Dried Apricot Sherbet

Soak half a pound of dried apricots in cold water over night; pour off the water, strain it through a cheese cloth and return to the apricots with as much boiling water as is needed to cook them. Let cook rapidly till tender, when done there should be one quart of apricots and liquid; press through a sieve, add one quart of water, two cups and a half of sugar and the juice of a lemon and freeze as any sherbet. For a smoother sherbet, cook the sugar in the pulp five or six minutes, then cool, add the cold water and freeze.

Melba Tarts

Cut out rounds of good pastry, pipe chou paste on the edge and bake until done. When ready to serve, reheat, set half a canned apricot in the centre of each, rounding side up. Have ready the syrup reduced by cooking with a cup of sugar; pour a little syrup over each half apricot and serve at once.

QUERY 1841.—"Recipe for Crystalized Ginger."

Crystalized Ginger

Purchase the best ginger obtainable, stems rather than roots. Cover with boiling water and let simmer until perfectly tender. It will probably take all day. Weigh the cooked ginger and for each pound allow a pound of sugar. For each pound of sugar take a cup of the water, in which the ginger was cooked, boil and skim, then add the ginger and let simmer very gently all day. Let cool and again heat to the boiling point. Let cool enough to handle, cut in thin strips and again heat in the syrup; stir gently, cooking meanwhile until the syrup candies on the ginger. Or in place of stirring in the syrup, roll in granulated sugar and let cool on a plate.

QUERY 1842.—"Recipe for Boston Baked Beans, also suggestions for tempting supper dishes for Spring."

Boston Baked Beans

Let one pint of pea beans soak in cold water over night. In the morning wash and rinse in several waters. Then par-boil until they may be pierced with a pin. Change the water during the par-boiling, adding a teaspoonful of soda with the last water. Rinse thoroughly in hot water. Put one-half of the beans into the bean-pot. Pour scalding water over one-fourth a pound of salt pork and, after scraping the rind thoroughly, score it in half-inch strips. Lay the pork on the beans in the pot, and turn in the rest of the beans. Mix two tablespoonfuls of molasses and one teaspoonful, each, of mustard and salt, with hot water to pour, and turn over the beans. Then add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water and the cover on the pot until the last hour. Then remove the cover, and bring the pork to the top, to brown the rind. Beans are better baked in large quan-

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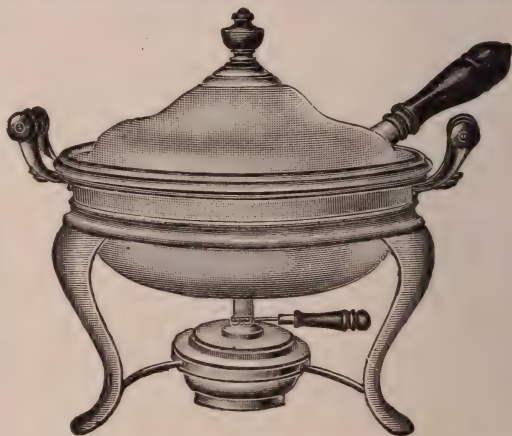
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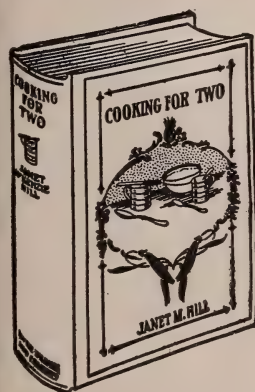
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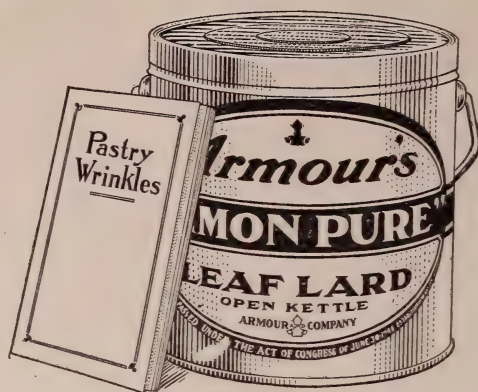
The food products considered in the recipes are such as the housekeeper of average means would use on every day occasions, with a generous sprinkling of choice articles for Sunday, or when a friend or two have been invited to dinner, luncheon or high tea. Menus for a week or two in each month are given.

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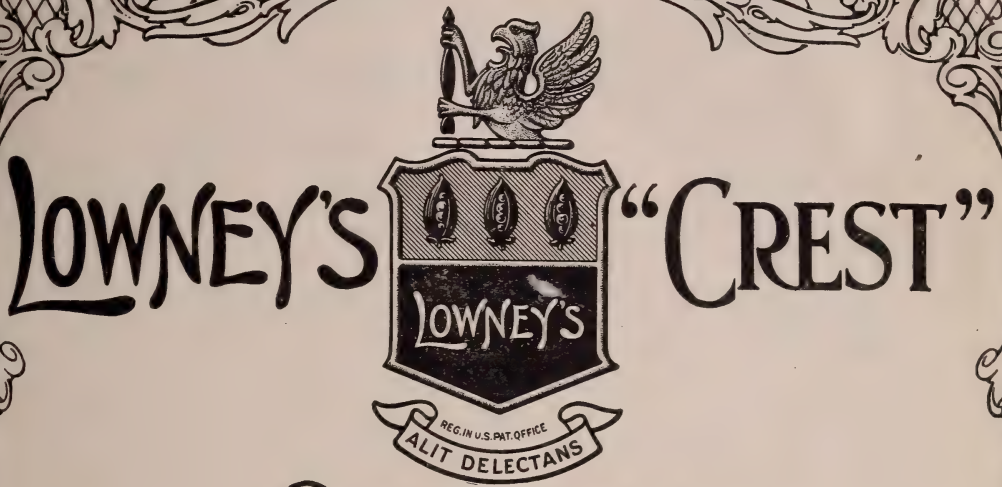
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tities, and the size of the pot should correspond to the quantity baked.

Less than a pint of beans can not be baked very successfully. When properly baked the beans are neither dry nor sloppy, and each bean is whole yet tender.

Supper Dishes

After eating meat at dinner very simple plain food will be found "tempting" at supper time. Meat flavor (in broths) added to macaroni, rice, dried beans, etc., or just a taste of something savory in meats or fish will make the meal more pleasing than heavy meats. All such dishes must be carefully cooked and seasoned and pronouncedly hot or cold according to their nature. Among cold dishes might be mentioned cold, boiled beet greens, spinach or dandelions, with sauce tartare and a garnish of slices of hard-cooked egg or boiled tongue, various kinds of beans with French dressing, flavored with onion, macedoine of vegetables in tomato jelly, with lettuce and salad dressing, and asparagus, vinaigrette sauce.

For hot dishes there are the various rabbits made of cheese, of which the Mexican rabbit, often given in these pages, is the newest and one of the best, hot cheese custard or gnocchi, mashed potatoes and boiled bacon, creamed smoked fish, creamed sardines, scalloped clams or left over fish, clam or fish chowder, corn chowder or custard, potatoes, dijonnaise, asparagus in a great variety of ways, eggs poached in milk or broth on toast, egg timbales, omelets and scrambled eggs.

QUERY 1843.—"How many chickens are needed to serve Creamed Chicken to seventy-five people?"

Number of Chickens to Serve 75

It is estimated that a fowl weighing three pounds and one-half will produce one pint of solid meat; this, with a cup and a half of cream sauce will serve

from six to nine people, according to the size of portions desired. The computation for any number can be easily made.

QUERY 1844.—"Recipes for Golden Parfait, Fig Parfait, and Caramel Parfait."

Golden Parfait

$\frac{3}{4}$ a cup of sugar
 $\frac{1}{2}$ a cup of water
5 yolks of eggs

1 tablespoonful of
vanilla
 $1\frac{1}{2}$ cups of heavy
cream

Cook the sugar and water (as in making fondant) to 238° F.; pour in a fine stream on the yolks, beaten very light and thick, beating constantly meanwhile; cook over hot water, beating constantly, until the mixture thickens. Beat occasionally until cold. Add the flavoring and fold in the cream, beaten firm. Turn into a mold, filling it to overflow; cover with paper and press down the cover over the paper. Pack in equal measures of salt and crushed ice. Repack after a time if necessary. It will take three or four hours to freeze the mixture.

Caramel Parfait

Cook half a cup of sugar, stirring constantly, to caramel. Add half a cup of boiling water and stir occasionally until the caramel is dissolved. Beat the yolks of two or three eggs; add one-fourth a cup of sugar and beat again, then cook in the hot syrup (over boiling water) stirring constantly until the mixture thickens. Have ready a pint of cream, beaten firm. Chill the caramel mixture, then fold in the beaten cream and turn into a quart mold. Finish as usual.

Fig Parfait

Press enough cooked figs through a sieve to fill a cup. Add half a cup of sugar, four tablespoonfuls of sherry wine (or fig syrup) and the juice of half a lemon; fold in two cups of cream, beaten firm, and use to fill a quart mold. Finish in the usual manner.

QUERY 1845.—"Recipes for Salt Codfish Balls and Hashed Brown Potatoes."

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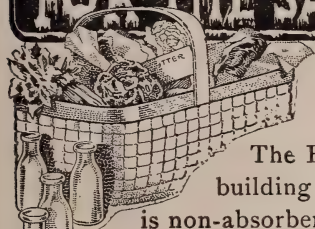
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Salt Codfish Balls

Pare and cut in quarters enough potatoes to fill a pint measure. Pick enough salt fish into bits to fill a pint measure half full. Put the potatoes into a sauce-pan, the fish above them, pour boiling water around the potatoes, and let cook until the potatoes are tender. Drain off the water. Shake the fish from the potatoes, and press the latter through a ricer. To the potatoes and fish add a teaspoonful of butter and one egg, well-beaten, then beat the whole until smooth and light. Shape the mixture (in a spoon) into a dozen portions; fry at once in deep fat, letting them take on an amber color. Do not fry more than four at a time. Drain on soft paper and serve at once. Serve with tomato catsup, horseradish, sauce tartare, or Philadelphia relish.

Hashed Brown Potatoes

Chop six cold, boiled potatoes fine, adding salt and pepper. Put one-fourth a cup of fat into the frying-pan, and, when hot, put in the prepared potatoes, and mix thoroughly with the fat while cooking three minutes. Press the potato into one side of the pan, and let brown on the bottom. When well browned, drain off superfluous fat, if there be any, and turn the potatoes onto a dish, the browned side up. Bacon fat or fat tried out from salt pork is usually preferred for this dish. Or, let the potato be spread over the whole bottom of the pan. When well-browned, fold as an omelet and turn on to a hot dish.

QUERY 1846.—"Recipe for Spiced Muskmelons."

Spiked Muskmelon (Sweet Pickled)

Cut the melon in sections. Pare off the rind, cover with cold water to which a tablespoonful of salt to each quart of water has been added. Let stand overnight, drain, rinse in cold water and set to cook in boiling water. Let cook until tender, then drain carefully. For each

six pounds of melon take one pint of vinegar, three pounds of sugar, a tablespoonful of whole cloves, two tablespoonfuls of cinnamon bark, broken in pieces, and two or three pieces of mace; heat to the boiling point, add the rind and let cook very slowly about half an hour. Store in an earthen jar or in glass fruit jars as canned fruit.

QUERY 1847.—"Recipe for Crumb Cakes."

Bread Crumb Griddle Cakes

1 cup of stale crumbs	1½ teaspoonfuls of baking powder
2 cups of thick sour milk	½ a teaspoonful of salt
1 teaspoonful of soda	1 tablespoonful of melted butter
1 cup of flour (about)	1 or 2 eggs

The crumbs should not be dry; let stand in the milk about half an hour, stir in the soda, the yolks of eggs, beaten light, and the butter; add the flour, salt and baking powder, sifted together. More flour is often needed. Fold in the whites of eggs, beaten dry, and bake as usual.

QUERY 1848.—"Recipe for French Bread, one that can be easily followed."

French Bread

Soften a cake of compressed yeast in one-fourth a cup of boiled water, cooled to a lukewarm temperature, and stir in about three-fourths a cup of flour, enough to make a dough that may be kneaded. Knead until the little ball of dough is smooth and elastic. Then make a cut across the top in two directions. Have ready a pint of boiled water, cooled to a lukewarm temperature, and into this put the ball of dough. It will sink to the bottom of the dish. In about fifteen minutes it will float upon the water, a light, puffy "sponge." Into this water and sponge stir a teaspoonful of salt and between five and six cups of flour, enough to make a dough stiff enough to knead. Knead or pound the dough until it is smooth and elastic, and does not stick to the hands or board. It will take fifteen or twenty minutes. Cover the

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dough, and set it aside in a temperature of about 70° F. until it has doubled in bulk. This may be baked in any kind of a pan; but, to secure the crusty French loaf, a Russia iron pan, giving long, narrow loaves, is desirable. For one of these pans divide the dough into two equal pieces. Roll, and stretch these under the hands on the board until they are as long as the pan. Have a round stick (like a curtain roller) lightly floured. Press this down through the centre, lengthwise of the loaf, and roll it back and forth, to make a furrow. French bread is concave rather than convex on the top, but this shaping may be omitted. Cover, and let stand to become light. Cut three or four slantwise cuts in the top of the bread, five or six inches apart. Bake about forty minutes. When nearly baked, brush over the surface with the white of an egg beaten with a tablespoonful of cold water, and return to the oven. Repeat the glazing, if desired.

QUERY 1849.—“Recipe for Brookline Biscuit or Rolls, previously given in this magazine.”

Brookline Biscuit

Have a pint of sifted flour in a bowl; into this rub two level tablespoonfuls of butter. Scald one cup of milk and when lukewarm add one-fourth a cake of compressed yeast, dissolved in one-fourth a cup of lukewarm water. Stir this into the flour, and set to rise over night. In the morning work in sufficient flour to make a dough and knead it until it is elastic and does not stick to the fingers. Let rise until very light, then take from the bowl to the bread board, without working, and roll out into a rectangular sheet longer than it is wide, and half an inch thick. Spread softened butter upon this and fold the dough evenly, to have three layers. With a sharp knife, dipped in flour, cut the dough into strips three-fourths an inch wide. Take hold of a strip at the ends,

pull gently, to lengthen it, then twist the ends in opposite directions and form the shape of the figure eight, joining the two ends underneath. Place the biscuits in buttered pans so that they will not touch, and when light bake in a rather hot oven to a delicate brown. The recipe makes two dozen biscuit.

QUERY 1850.—“I have not been successful with the Chocolate Caramel Frosting given in the January number of this magazine. Can you give a more definite rule for cooking it? The frosting as I make it does not harden.”

Chocolate Caramel Frosting

This chocolate caramel frosting is particularly good. We will repeat giving the degree to which it should be cooked. It takes some minutes to cook the frosting.

$\frac{3}{4}$ a cup of sugar	$1\frac{1}{2}$ ounces of chocolate
$\frac{1}{2}$ a cup of water	1 white of egg
4 tablespoonfuls of caramel syrup	1 teaspoonful of vanilla

Melt the chocolate over boiling water; add the caramel syrup and the water and stir until smooth and boiling; add the sugar, stir until melted, then let boil to 240° F. on a sugar thermometer; then pour in a fine stream on the white of the egg, beaten dry, beating constantly meanwhile. Add the vanilla and beat occasionally until cold enough to spread.



Ordinary dusting scatters but does not remove dust and germs. Use cheese-cloth dampened with tepid water to which a little **Platt's Chlorides**, the odorless disinfectant, has been added. Wring out till dry so that it will not streak the wood work, etc.

More Good News *for* ICE CREAM LOVERS



It makes ice cream more utterly delicious than you can imagine or believe—until you taste it.

It does this by whipping air, with its aerating spoons, into every particle of the freezing cream.

The principle is exactly the same that is used by every cook when she whips air into her pastes, creams and salad-dressings to give them delicacy and richness. When the

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found a way to do this in a *rapidly freezing mixture*, it revolutionized ice cream making.

Every woman who has tried this new kind of ice cream freezing becomes an enthusiast—and so does her family. Last summer whole neighborhoods and towns had the ALASKA craze.

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SEND FOR THIS BOOKLET—you will treasure it as long as you live. We call it "*Good News for Ice Cream Lovers.*" It is full of famous recipes from all over the world for ice creams, ices, and rare and novel frozen desserts. It is sent free, postpaid.

THE ALASKA FREEZER COMPANY, 656 Lincoln Ave., Winchendon, Mass.



New Books

How To Cook Vegetables. By C. HERMANN SENN. Price 2/ net. London: Food & Cookery Publishing Co.

The chief object of this book is to exalt the humble Vegetables, so as to give them equal attention with the Meats, in their preparation and cooking for the table, and also to vary daily the bill of fare with the almost infinite variety afforded by the Vegetable Kingdom.

The aim of the writer, who is author of leading works on cooking in England, is, first, to bring into greater prominence vegetables which are nutritious and appetizing, but which have somehow escaped popularity. "There is no doubt," he says, "that both in its genius for adaptation and its skill in preparation of comparatively little known vegetables, the Continent is far in advance of us."

A second object of the writer is to show how vegetables can be made tempting and nourishing as food in relation to diet and health. He admits "that the people of Great Britain consume an inordinate amount of meat, and that the health of the community at large would be very much improved if the consumption of meat were lessened and that of vegetables increased." He is convinced, too, "that if the right methods are adopted to render vegetables more pleasing, palatable and nourishing, they are sure to become more popular."

The list of vegetables in season and the various ways of preparing and serving the same, which is given in this book, will prove a surprise to some, an interesting source of instruction to many. In these days, the place vegetables should hold in a dietary can, in no wise, be overlooked. Economy, health and refined sentiment are to be considered. Certainly larger information about vegetables, their nature, qualities and food value, is very desirable. This book contains over 500 Recipes for all kinds of vegetable dishes. Besides it deals somewhat with their origin, food value, etc.

Food for the Invalid and the Convalescent. By WINIFRED STUART GIBBS. Price 75 cents net. New York: The MacMillan Company.

We can, perhaps, give no better account of this little volume than to quote from Dr. Janeway's Introductory Note:

"Every dispensary physician realizes how important a contributing factor in much of the ill-health that he sees is the unintelligently chosen and badly prepared food of the patients, and what a beneficial factor simple and properly cooked meals might be in the treatment of many disorders. The social worker sees in addition the economic waste which lack of knowledge and dietetic

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prejudice bring into just those families of the American community that can least afford any waste. This little book aims to help both physicians and social workers in their efforts to treat disease and to conserve health. It has been compiled especially with a view toward helping the physicians of the Vanderbilt Clinic, in carrying on intelligent dietetic treatment; and it will, I trust, prove of service to dispensary workers generally. By means of the book, Miss Gibbs has added another strong link to the chain that is binding physicians and social workers in a co-operation which is rapidly transforming for the better the spirit and methods of American dispensaries."

The book is the result of five years' experience as Dietitian for the New York Association for Improving the Condition of the Poor. During this time the working basis was the actual incomes of actual families in relation to current prices of foodstuffs. The writer says she has found that much can be accomplished in the way of prevention of disease by instruction in the very simplest laws of right feeding and good cooking.

Eugenics and Euthenics

Now, my dear readers, do not be frightened at the two big words standing at the head of this communication (Eugenics and Euthenics.) They look a little formidable because they have not yet become shelfworn. If you like shelfworn goods, you may use heredity and environment, the latter being almost as much overworked as "conservation," which, together with "strenuous," has become a regular portion of our word diet. Well, what is "eugenics?" It is the science of improvement of the human race by better breeding, or, as the late Sir Francis Galton expressed it, "The science which deals with all influences that improve the inborn qualities of a race." We say the *human* race, but the human word-picture, as yet, is altogether too large for the frame we have tried to

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enclose it in. Is the race *human*? Well, it is as human as our starved humanity has been able to make it, but there is accumulating evidence that the twentieth century will read a larger, sweeter, saner meaning into the word "humanity."

Well, what is "euthenics?" It is a study and application of the power of environment. Eugenics is the science that deals with all influences that improve the inborn qualities of a race, euthenics the science that brings, through environment, the "inborn qualities" to a complete fruition, so far as possible for human nature to be completely developed. Eugenics is heredity, euthenics environment. I am not a prophet, nor yet the son of a prophet, but I prophesy that the twentieth century will give as much attention, and in a more efficient way, to the study and application of eugenical and euthenical teachings as the nineteenth century gave to grammatical and mathematical teaching. There is already a well-defined and practical method of application of eugenics for raising better farm stock, that the human animal may be better fed; in the application of euthenics, that the environments of the dairy cow, the poultry and the swine may make better answer to the ends for which they are created.

Shall we longer be more particular about our cows, our chickens and our swine than we are about our mothers and fathers, the sons and daughters of men? —*Professor McClure in Good Health.*

A large, shaggy man came into a haberdashery in Washington and asked the clerk, a bored young person with a very high collar, for a shirt. The clerk passed out two, one pink and one blue. "Which of these is best?" asked the customer. The clerk yawned, examined his nails and said: "Oh, it's just a matter of taste. Personally I should prefer the blue one." "That so?" asked the customer. "All right, I'll take the pink one. Here wrap 'er up." —*Saturday Evening Post.*

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My Creed

I believe in boys and girls, the men and women of a great tomorrow, that whatsoever the boy soweth, the man shall reap. I believe in the curse of ignorance, in the efficacy of schools, in the dignity of teaching, and the joy of serving another. I believe in wisdom as revealed in human lives as well as in the pages of a printed book; in lessons taught not so much by precept as by example; in ability to work with the hands as well as to think with the head; in everything that makes life large and lovely. I believe in beauty in the school-room, in the home, in the daily life and out of doors. I believe in laughter, in all ideals and distant hopes that lure us on. I believe that every hour of every-day we receive a just reward for all we do. I believe in the present and its opportunities, in the future and its promises, and in the divine joy of living.—
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“Look at that fellow Gassaway!” said Hicks. “By George, if ever any man was born with a silver spoon in his mouth, he’s the one!” “Think so?” said Dubkins. “Now I should have said, looking at Gassaway’s mouth, that it must have been a soup-ladle he was born with.”

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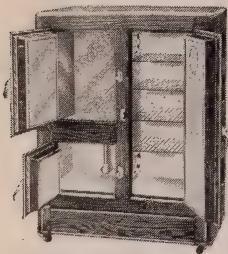
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Arbutus

Those tiny blossoms on New England hill-sides,

Pink tinted, starry, breathing odors rare—
Against bold rocks, 'mid leaves so brown and rustling,

All unafraid, they lift their faces fair.

The April sky bends blue above their hiding,
The happy birds flit past on buoyant wing,
I know the quaint arbutus, shy, elusive,
Must be the dawning blush of maiden spring.

—By A. J. Frost

In Language He Knew

Stanley Jordan, the well-known Episcopal minister, having cause to be anxious about his son's college examinations, told him to telegraph the result. The boy sent the following message to his parent: "Hymn 342, fifth verse, last two lines."

Looking it up the father found the words: "Sorrow vanquished, labor ended, Jordan passed."—*To-day's Magazine.*

O. Henry, beloved by every editor in the country, sometimes was the bane of their lives, but no one could harbor wrath against him. The humorist had promised to write a story for a big magazine, which failed to arrive. Finally the editor went to O. Henry's apartment and sent up a curt note: "If I don't have that story within twenty-four hours, I will come up and kick you downstairs. I always keep my promises." O. Henry promptly sent back the note, "Dear Bill: If I did all my work with my feet, I'd keep my promises, too."

If you can earn your own living and also produce a surplus, adding to the wealth and happiness of the world, you are fit to be called an educated person.—*Charles W. Eliot.*

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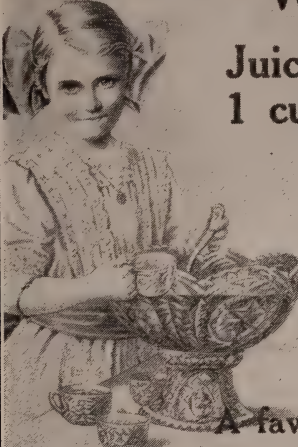
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HERE'S THE PACKAGE

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Don't mourn because "green corn days" are not with us. You can have the taste and flavor though the big, succulent ears are missing. Say KORNLET to the grocer—take the big, fat can he gives you, and from its contents make KORNLET soup. Um, um! it's good. Takes you right back to last summer and weeks of good eating.

Kornlet Soup

has the *genuine* taste. It's because KORNLET retains to itself the *true* green corn flavor.

KORNLET is the *Milk* of green corn prepared by a special process which eliminates all the hull and coarse parts. It is not at all like canned corn and should not be confused with it. It's sweeter, more wholesome and more nourishing. Now is the time to try it.

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One of these darkies, on the way to the polls to vote against the mayor, was asked why he opposed Marshall.

"W'y am I gwine t' vote agin dat man? W'y, dat low-flung rascal done took th' garbage right outen my mout'!"

A Harvard man went to a Canadian lumber camp, hoping the rough life would do him good. They put him on a cross-saw with an experienced sawyer, and he did fairly well, but the second day he was stiff and sore. The third day, quite done up: with hands blistered and every muscle aching, he sawed wretchedly. His partner at the other end lost patience and, letting go the saw handle, he straightened up and said, quietly, "Son, I don't mind yer ridin' on this here saw, but I surely would be obleeged if ye'd keep yer feet off the ground."

"Economics changes man's activities. As you change a man's activities you change his way of living, and as you change his environment you change his state of mind. Precept and injunction do not perceptibly affect men; but food, water, air, clothing, shelter, pictures, books, music, will and do."

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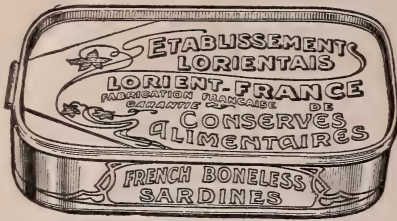


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Buns

- | | |
|-----------------------------------|-------------------------------------|
| 1 Fleischmann's yeast cake | $\frac{1}{4}$ a cup of sugar |
| 1 cup of milk, scalded and cooled | $\frac{1}{4}$ a cup of butter |
| 1 tablespoonful of sugar | 3 cups of sifted flour |
| | $\frac{1}{2}$ a teaspoonful of salt |

Dissolve yeast and one tablespoonful of sugar in lukewarm milk, add one and one-half cups of flour. Beat until smooth, then add butter and sugar creamed, the rest of the flour and salt. Knead lightly, keeping dough soft. Cover and set aside in warm place, free from draft, to rise until double in bulk—about one and one-half hours. Mould into small, round buns, place in well-greased pans, one inch apart. Cover, set aside to rise until light—about one hour. Brush with egg, diluted with water. Bake twenty minutes. Just before removing from the oven, brush with sugar moistened with a little water.

The English professor, travelling through the hills, noted various quaint expressions, but the one that pleased him most, according to the *Boston Herald*, was the use of the word "but." For instance, after a long ride the professor sought provisions at a mountain hut. "What d' yo'-all want?" called out a woman. "Madam," said the professor, "Can we get any corn bread here? We'd like to buy some of you if you have any." "Corn bread? Corn bread, did yo' say?" Then she chuckled to herself, and her manner grew amiable. "Why, if corn bread's all yo' want, come right in, for that's just what I hain't got nothing else on hand but."



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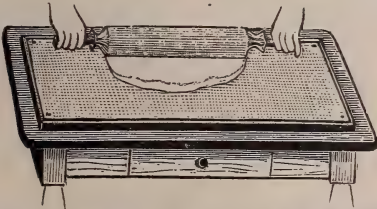
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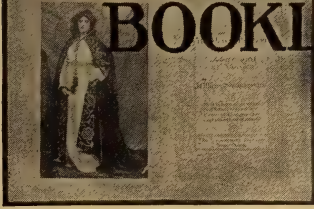
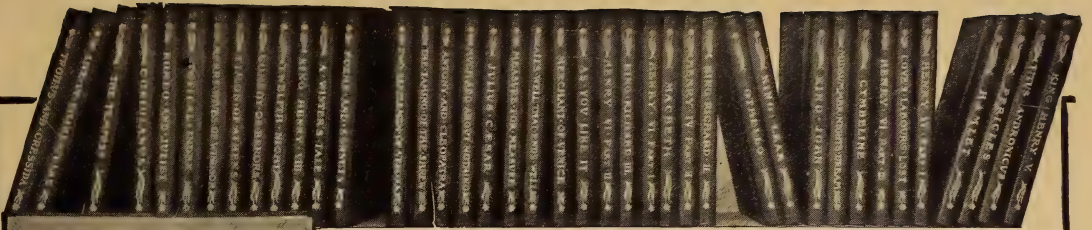
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